



**LESS STRESS, BETTER HEALTH AND MORE LOVE FOR SENIORS AND THEIR FAMILIES
...PLUS THOSE THAT CARE FOR THEM**

Whether you're a senior, adult or teen - wouldn't you like to have less stress, better health and more love?

Living Well may not help you find romantic love. But, perhaps even better, it can help you enjoy more satisfying relationships with your friends and your family - while also finding beauty in the natural world that supports us.

Three reasons why caregivers burn-out and aides quit are:

- **High Stress**
- **Poor communication**
- **Lack of involvement in care planning.**

More than 90 percent over three thousand participants agree that these four **Satisfaction Skills** can: Improve communication; reduce stress; deepen forgiveness; enhance prayer; and increase sensitivity to those whose gender, generation, race, religion, politics or sexuality is different than yours.

They also agree that the **Planning Poem** (on the next page) can control chronic illness.

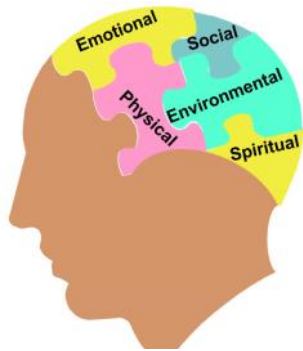


All professionals, aides and volunteers -well as patients and caregivers -are encouraged to use the *Satisfaction Skills* and follow the *Planning Poem* process (on the next page) to help themselves *and* those they care for.





**Start solving your puzzle. Get help when you can.
Use four ways to stop stress. Then learn from your plan.**



START SOLVING YOUR PUZZLE

Any piece of the wellness puzzle can help or harm the other pieces. Which ones are most important for you? ...and your loved ones?

Don't focus on solving just one piece, and ignore the others.

GET HELP WHEN YOU CAN

2-1-1 is a national phone service offered by the United Way. It connects you to an information specialist who can link you to community services (e.g., financial, emotional, medical, addiction prevention and other help) for seniors, adults or children



For **local services to help seniors** remain independent, contact;

- The *Erie County Department of Senior Services* (716) 858-8526, WWW3.ERIE.GOV/SENIORSERVICES;
- The *Niagara County Office for the Aging* (716-438-3030 WWW.NIAGARACOUNTY.COM)

The Caregiving Resource Guide, developed by the New York & Michigan Solution Journalism Collaborative, offers over 100 links to information from non-profit groups, government agencies and other organizations, plus rigorous reporting on successful solutions to caregiving (VISIT: WWW.NYMISOJO.COM/RESOURCE-GUIDE/)



USE FOUR WAYS TO STOP STRESS

Use the **Satisfaction Skills** to:

- Improve communication between you and others
- Stop your stress (for a minute, until peacefulness grows into hours)
- Stop "tunnel-vision" (seeing just the bad when you are stressed)
- Forgive others and/or pray



THEN FOLLOW YOUR PLAN

FOR EACH PIECE OF YOUR WELLNESS PUZZLE

Collaborate with family, friends, aides and professionals to discuss the "signs" and "steps" in your plan. Then, learn *together* what self-help strategies and/or professional care works best to improve your health and happiness.

Choose Your Goals

LOVE · PEACE OF MIND · HEALTH
INDEPENDENCE · HAPPINESS

...and Check Your Signs.

STRESS · SATISFACTION · DEPRESSION
BLOOD PRESSURE · WEIGHT · CHOLESTEROL
ILLITIES FOR ACTIVITIES · DRUG OR ALCOHOL USE

Take Some Steps

MEDICATION · THERAPY · SELF-HELP
EXERCISE · EAT WELL · GET SUPPORT
USE THE "SATISFACTION SKILLS":
BE AWARE · AFFIRM · ASSERT · ACCEPT

...and Learn Each Time.

RE-CHECK YOUR "SIGNS" TO LEARN WHAT WORKS FOR YOU