

Tips for Vitality and Serenity

Be realistic –Accept your basic personality, utilize your strengths and accept your weaknesses.

Appreciate What You Have –Rather than focusing on what you don't have.

Say “No”! –You're no good to anyone if you are exhausted, resentful, and over-stretched.

Say “Yes”! –List what you want, and go for it. You'll experience more joy and pleasure in life.

Move Your Body –Stretch, strengthen, and get your heart pumping. You'll look and feel better.

Sleep –You know how much rest you need; aim to get it.

Choose Food Wisely –Include plenty of whole grains, vegetables, and fruit, eat some protein, and avoid excess sugar, fat, and salt. Stop eating when slightly full.

Enjoy Simple, Everyday Pleasures –It will brighten each day.

Reduce Guilt –Be clear on what you can and cannot control, and move on.

Live in the Present –rather than dwelling on the past or worrying about the future.

Feel Your Feelings –and express them in healthy ways.

Laugh More –It's one of the best ways to reduce tension.

Keep Hopeful –A positive attitude helps to create positive outcomes.

Try New Things –Take a risk, keep an open mind, invite spontaneity...it keeps life fresh.

Recognize When You Need Help –and ask for it.

Take Quiet Time –It's important to reflect and contemplate.

Remember to Relax –and breathe deeply.

Communicate Openly and Honestly –to avoid conflict and confusion.

Embrace Creative Expression –Dance, music, art, and writing are powerful and magical resources.

Connect With Your “Spiritual Self” –however you define it.

Listen to Your Intuition –It has very good advice.

Follow Your Dreams –and keep dreaming... it creates happy people.

(Adapted from materials provided by the Social Work Department of Roswell Park Cancer Institute.
<http://roswellpark.org>.)