



Healthy Living



Bulletin #:301
HEALTH IS WEALTH-FEELING YOUNG AND LOOKING GOOD

1. Sleep Well: The average adult needs 6- 8 hours of sleep

2. Eat Healthy: A low stress diet is very beneficial, this means low in sugar, starches and fat. Eat six small meals a day and maintain a balanced diet.

3. Have A Sense of Humor: Laughter really is the best medicine.

5. Keep Cool: Self-control and patience are keys to living a stress-reduced life. You can not control what people do or say to you, just how you react to the situation.

6. Stay Active: Exercise keeps our body fit. Join a fitness program or start walking.

7. Have Loving, Supportive, and Positive Relationships: Surround ourself with people who share our interests and are encouraging. Toxic friendships and relationships are energy drainers.

8. Be Honest

9. Think Positive: Our negative thoughts and fears consume our lives if we let them. Living with past regrets, guilt or resentment is detrimental to our health. Try changing the way we think, it's difficult, but not impossible.

10. Love ourself: Work on our self-image and self-esteem issues. Don't compare ourself to others, and avoid being too critical about our appearance.



Arrows are shot by dragging the bow back similarly, if life is dragging you back with problems, be patient. It's getting ready to shoot you to new heights