



## Ways to Wellness

Stay active

Do self-exams

Challenge your mind

Budget time and money

Forgive and forget

Enjoy the outdoors

Value your veggies

Exercise your mind, body and spirit

Avoid dangerous drugs

Learn to breathe deeply

Give people more than they expect and do it cheerfully

Protect your hearing-avoid loud noises

Vary your routine

Laugh often

When you lose, don't lose the lesson

Take responsibility for your actions

Organize your life

Wear your helmet for biking and skating

Get enough sleep

Keep a journal of happiness

Work at relationships

Manage anger wisely

Resolve conflicts peacefully

Reduce your risks

Feel good – volunteer

Share your feelings with others

Celebrate life

Love others, Love yourself

Be peaceful

