



## Live Well

- 1) **Get outside** – it is easy to forget the power of fresh air on reducing our stress level. Try it – get out for at least 10 minutes a day.
- 2) **Organize your chaos** – if your surroundings are unorganized and messy it will be more difficult for you to be relaxed and focused.
- 3) **Eat right and keep fit** – the busier you are, the more important it is to eat healthy and exercise. You need proper nutrition and physical stimulation in order to stay focused and keep going.
- 4) **Sleep** – many adults are not getting enough sleep at night – especially parents. Develop an evening routine that helps you get in bed in time to sleep for at least 7 hours each night.
- 5) **Learn what relaxes you** – music, massage, meditation, yoga, praying.... the choices are endless. When you find something that works, stick with it. If it stops being relaxing, move on to find something else.
- 6) **Find balance** – there are a total of 168 hours in a week. Most people work 35 hours (plus travel time) and should be sleeping for at least 49 hours. This leaves a maximum of 84 hours for travel to and from work, running errands, taking care of you, and spending time with others. Map out how you spend your time so you can see what you might want to change about your life. Use a calendar to schedule in the things that are most important to you. Make sure you schedule in at least 15 minutes a day just for yourself – to relax or exercise.
- 7) **Take action** – tackle one issue at a time. Write it down. Make a plan of action – write down 4 things that you can do to start finding a solution – phone a friend to discuss; make an appointment with a professional such as a therapist, a financial advisor, or a doctor; research the issue. Then start writing down short-term, realistic goals that will help you move to a solution. As you achieve each goal, cross it off your list and start on the next one.
- 8) **Create a realistic budget** – financial stress can cause a multitude of problems. See our Money Smarts document for more information on how to get started.
- 9) **Find out what spirituality means for you** – organized religion is not the only source of spirituality. Figuring out what you believe about how all aspects of the universe are interconnected and influential on your life can be a source of peace and well-being.
- 10) **Accept that there are things you cannot change or control** – life often throws unexpected things our way. Sometimes the only thing you can control is how **you** react to situations and people. Changing someone else is not possible.

If you want help applying any of these tips to your own situation(s), please call us at 1-866-892-2441 to make an appointment with a counsellor.