

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 to 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>.)