



## Lifestyle Approaches to Wellness

### Cognitive Health

#### Web and app based brain exercise program

- [Brainhq.com](http://Brainhq.com)
- [Elevateapp.com](http://Elevateapp.com)

#### Learn something new, or engage in a hobby

- **Volunteer or Foster a pet**
- **Learn a new language** (apps for learning include Busuu, Babbel, & Rosetta Stone)
- **Take a cooking class or try a new recipe** (Online option for a class: Sur la Table ([surlatable.com](http://surlatable.com)))
- **Learn to Paint** ( Let's make art: [letsmakeart.com](http://letsmakeart.com) will mail you a kit and you can access their online demonstration video that pairs with your project) or ( paint by number kits can be located at Joann's fabric stores ( [joann.com](http://joann.com)) or ( [amazon.com](http://amazon.com)))
- **Read or Listen to audio books** ([audible.com](http://audible.com) or **apple books app**)
- **Play a game with family or a friend**
- **Complete a jigsaw or crossword puzzle**
- **Virtual Platforms**

- **Art: DMA museum (DMA.org) or Artsandculture.google.com**
- **Aquariums: Monterey Bay Aquarium (montereybayaquarium.org)**
- **Dallas World Aquarium (dwazoo.com)**
- **Gardens: Dallas Arboretum (dallasarboretum.org)**

### Physical Exercise/Health

- **Move Naturally** (garden, walk the dog, dance)
- **Exercise outdoors** (go to a local park for a walk)
- Online exercise videos (ymca360.org is free)
- **Pain Management** (A Helpful Reference: Managing Pain Before It Manages You, 4<sup>th</sup> Edition by Margaret Caudill, Ph.D.)

### Diet

- **Mind Diet** (Blend of a Mediterranean and DASH diets)
- Finish eating when 80% full

### Psychological Health

- Live with Purpose Daily
- Keep a Gratitude List
- Keep Perspective
- Give Back (even small acts of kindness can improve your mood)
- Create and follow through on priority goals that are area specific and realistic
- Problem Solve daily
- Be assertive
- Ask for support, if needed (online support groups and individual psychotherapy are available) Psychologytoday.com is a reference to locate providers
- Identify and reframe maladaptive cognitive thoughts
- CBT Toolkit by Jeff Rigenbach, Ph.D., LPC

## Social Engagement

- Belong to a community and choose your right tribe of close family/friends
- Make time for regular meaningful connections through online platforms such as zoom

## Relaxation Strategies

- Take time to unwind and reflect
- Practice Diaphragmatic breathing
- Use affirmations or adaptive coping statements (power thought cards by Louis Hay can be found online at amazon or Walmart)
- Practice adaptive self talk or cognitive reframing ( refer to CBT toolkit referenced above in psychological health)
- Mindfulness Meditation (apps include Headspace and Calm)
- Obtain Quality Sleep (Headspace app has a sleep pack to practice at bedtime and upon each awakening; Cognitive Behavioral Therapy-Insomnia is the front line treatment for insomnia)