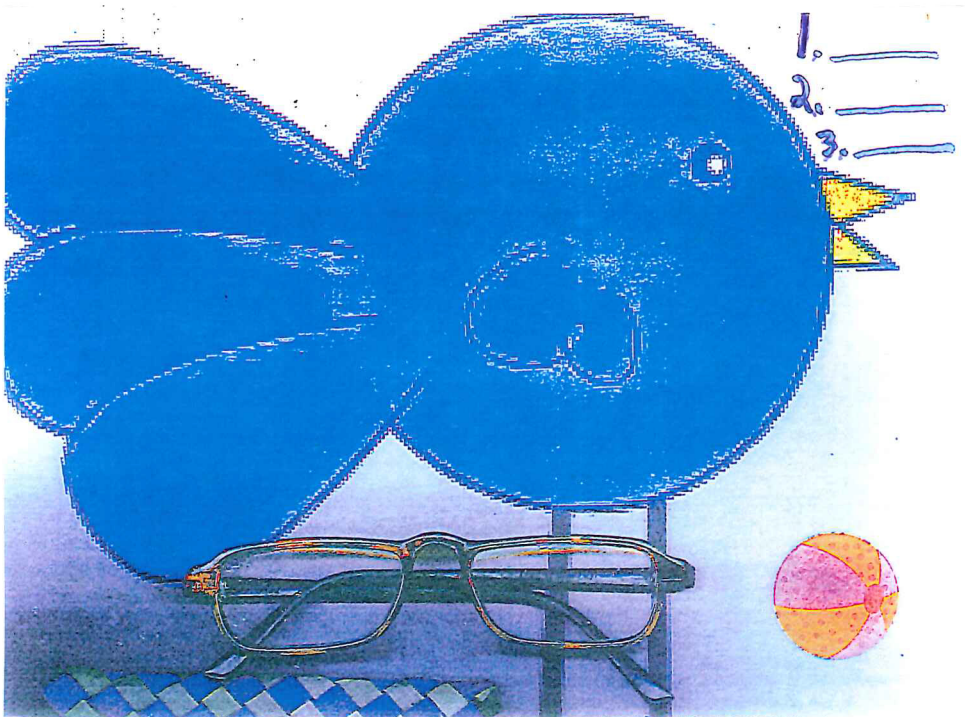


Live Better Series: "I can live a vital and meaningful life."

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Bluebird: I can live a vital, meaningful life. And, I accept I will sometimes have pain, and other times have joy, in my life.

New Pair of Glasses: to change my life, and grow in wisdom, I need to look at things differently.

Beach ball: I need to stop avoiding my life by pushing thoughts and feeling underwater. By being mindful, I will let my thoughts and feelings come up and accept them for what they are.

Finger trap: It is healthy for me to "accept what is as it is". When I struggle against "what is", I trap myself and cause suffering for myself. Accepting does not necessarily mean I like it.

1, 2, 3: I can live a vital and meaningful life by choosing and committing to values that are important to me—NIKE Therapy "Just do it!", make a plan, don't procrastinate, take action. Letting go and letting be is also a way of taking positive action.

3 life practices that can help us live vital and meaningful lives by being grounded, centered, and balanced.

Steps to Elicit the Relaxation Response

The following is the technique reprinted with permission from [Dr. Herbert Benson's](#) book [The Relaxation Response](#) pages 162-163

1. Sit quietly in a comfortable position.
2. Close your eyes.
3. Deeply relax all your muscles, beginning at your feet and progressing up to your face. Keep them relaxed.
4. Breathe through your nose. Become aware of your breathing. As you breathe out, say the word, "one"*, silently to yourself. For example, breathe in ... out, "one", - in .. out, "one", etc. Breathe easily and naturally.

5. Continue for 10 to 20 minutes.
You may open your eyes to check the time, but do not use an alarm.
When you finish, sit quietly for several minutes,
at first with your eyes closed and later with your eyes opened.
Do not stand up for a few minutes.

6. Do not worry about whether you are successful
in achieving a deep level of relaxation.
Maintain a passive attitude and permit relaxation to occur at its own pace.
When distracting thoughts occur,
try to ignore them by not dwelling upon them
and return to repeating "one."

With practice, the response should come with little effort.
Practice the technique once or twice daily,
but not within two hours after any meal,
since the digestive processes seem to interfere with
the elicitation of the Relaxation Response.

* or any soothing, mellifluous sound, preferably with no meaning.
or association, to avoid stimulation of unnecessary thoughts.

Awareness Journal:

*Living a mindful, aware, intentional, and responsible life
Being awake and doing the right thing*

1. Important activities I engaged in

How did they go... + or -

2. Relationships today

+ interactions: _____

- Interactions _____

3. Someone I was kind-courteous toward or helped out

Describe

4. Someone I harmed _____ how?

Make amends to them? _____

5. Someone who harmed me

How?

Forgive them?

6. What I did today to make the world a little better

7. Something I accomplished

8. What did I enjoy doing today?

9. Enjoyed being with

10. Enjoyed seeing

11. Enjoyed hearing

12. Enjoyed tasting

13. Someone-something I am accepting or having a hard time accepting

14. Today I worried about _____

15. Courage to change: what I am changing _____

16. In the face of anxiety, fear, and/or depression, I still went ahead and did _____

17. What I am letting go of _____

18. Something not good, that I'm going to stop _____

19. Had a good laugh about _____

20. Grateful for: who _____ what _____

21. OK?... Exercise _____ nutrition _____ meds _____ sleep _____

22. What did I learn today? _____

23. Any regrets about today _____

24. Today I was sad about _____

25. Someone I want to thank? _____

26. Someone I want tell that I love them? _____

27. Any unfinished business I want to attend to? _____

28. Anything else? _____

“A joy shares is a joy doubled; a sorrow shared is a sorrow cut in half.”

“You alone can do it. But, you don't have to try to do it alone.”

Do you have a person(s) in your life you can share with?

Do you have a mentor or counselor you can open up with and who can also be a guide or coach for you? _____

If you do not have a mentor or counselor, would you like to develop that kind of relationship?

If you would like to develop that relationship, how can you go about doing that?

Are you a member of a peer support group or would like to join a peer support group?
How could a peer support group be helpful to you?
