

Welcome to **Live Your Life Well**, the Mental Health America of East Central Florida program designed to help you cope better with stress and create more of the life you want.

Maybe you're holding down two jobs or can't find work. Maybe you're the parents of young children or the children of aging parents. Maybe you face a rush of daily demands or one potentially life-changing challenge. Whatever your situation, **we are here to help.**



The non-profit Mental Health America has been working for 100 years to promote well-being for all Americans. Now we have put together the **10 Tools to Live Your Life Well**. Based on extensive scientific evidence, these tools can help you relax, grow and flourish. They can help you **Live Your Life Well**.

The proven tools identified in the "Live Your Life Well Program" can help individuals feel stronger and more hopeful.

GETTING STARTED



It may take effort to learn to use the tools—just like learning to drive a car. So let's get rolling:

Pick a tool or two.

You might skim and think about some of the tools. You might try a few over time. Look for ways to use the tools that suit your personality. For example:

- If you're competitive, exercise by joining a team.
- If you're an early riser, cook tonight's healthy dinner this morning.
- If you like letter-writing, stay positive by sending a thanks to someone who has helped you.

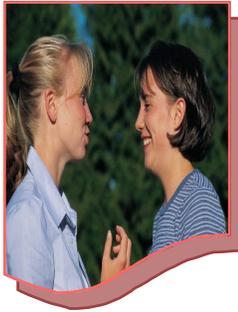
Mental Health America of East Central Florida believes...

You can feel better--more vibrant, alert and gratified.

You can feel stronger--more comfortable, confident and productive.

You can Live Your Life Well.

1



Connecting with Others

People who feel connected are happier and healthier--and may even live longer.

What are some places or events where you could meet and connect with new people?

2

Stay Positive

People who regularly focus on the positive in their lives are less upset by painful memories.



What are some positive events you have experienced in you life?

3



Get Physically Active

Research has proven that exercise can help relieve insomnia and reduce depression.

What type of physical exercise do you enjoy?

4

Help Others

People who consistently help others experience less depression, greater calm and fewer pains.



What are some ways that you can reach out and help others?

5



Get Enough Sleep

Not getting enough rest increases risks of weight gain, accidents, reduced memory and heart problems.

What are some things you can do to ensure you get a good nights sleep?

6

Create Joy and Satisfaction

Positive emotions can boost your ability to bounce back from stress in your life.



What are some hobbies or activities you enjoy doing that make you laugh or smile?

7



Eat Well

Eating healthy foods and regular meals can increase your energy, decrease your risk of developing certain diseases and influence your mood.

What are some healthy, nutritious foods that you enjoy eating?

8

Take Care of Spirit

People who have strong spiritual lives may be healthier and live longer. Spirituality seems to cut the stress that can contribute to disease.



What types of spiritual activities do you participate in regularly?

9



Deal Better with Hard Times

People who can tackle problems or get support in a tough situation tend to feel less depressed.

Who can you depend on for support in difficult times if you need it?

10

Get Professional Help If You Need It

More than 80% of individuals who seek help for depression improved.



Where could you go in your community if you needed professional help?

TIPS FOR USING THE 10 TOOLS

Any change can be challenging. Experts suggest that you:

Keep track.

Seeing your accomplishments can boost motivation; seeing setbacks can reveal areas to improve. Try a free online progress tracker like the one at joe'sgoals.com, or create your own.

Beat boredom.

If you're feeling ho-hum, shift the way you use a tool. If you've chosen to "do good," instead of donating to charity this time, consider checking on your neighbor.

Cut yourself slack when you fail.

Sixty percent of people who achieve their New Year's resolutions flop on the first try. But don't give up. Repetition strengthens pathways in your brain, so sticking with a new behavior gets easier the more you do it.

Reward yourself when you do well.

Yes, success is its own reward—but a massage after a workout is pretty good too.



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