



40 Ways to Nurture Your Well-Being

Well-being: It's a state of mind as much as a state of being.
Here are a few ways to add comfort and greater peace to your days...

Physical Well-Being	Mental Well-Being	Emotional Well-Being	Spiritual Well-Being
Take a walk	Read a book, magazine or article	Take a deep breath and say aloud: "I am calm and at peace."	Do something of service for another or your community
Ride a bike	Take a nap	Listen to music you enjoy	Connect with nature
Soak in a hot bath	Phone a close friend	Sing	Join a church group
Go to the gym	List things you will do to improve your life	Note what you are feeling several times a day	Take up meditation
Stretch, move and even dance to music	Preview your day upon waking and review it upon retiring	Write a letter to or call someone telling them of your experience	Study with a spiritual teacher
Practice Yoga or Tai-Chi	Do a jigsaw puzzle or another activity to exercise your mind	Smile at a stranger and send them compassion	Pray
Change one thing to improve your diet	Start a new hobby or revisit one you've enjoyed before	Sit with and truly feel your emotions	Listen to a guided meditation CD
Get a massage	Express your thoughts in poetry or prose	Watch children at play	Concentrate on the flame of a candle
Go swimming	Acknowledge yourself for all you have endured	Hug someone or ask for a hug	Get to know another set of religious beliefs
Relax in a sauna	Create a 'Bucket List' of all the things you want to do	Sit in a garden or park watching animals and people at play	Practice unconditional love and forgiveness with yourself and others