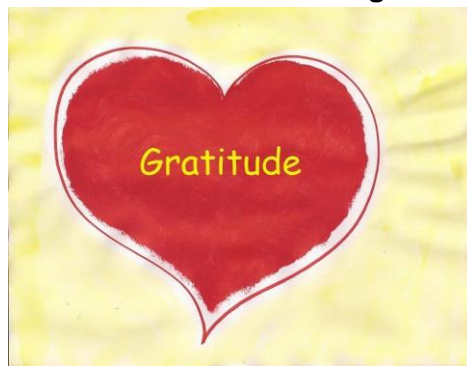


## Lifestyle Redesign



Lifestyle redesign is an intervention originally developed by occupational therapy researchers at the University of Southern California (USC) that has shown to improve health and wellness by preventing and managing chronic conditions through healthier lifestyles of meaningful and purposeful activity engagement (Jackson, et al, 1998). Initially deployed in the USC Well Elderly Study (Jackson, et al, 1998), lifestyle redesign is intended to improve all aspects of daily life through healthy routines of work, recreation and personal wellness practices in independently living people.

## Gratitude Journaling



Gratitude not only comes from being thankful for the help of others, but also the ability to make a habit of focusing on the positive aspects of life. Research shows that gratitude is strongly related to personal well-being. A gratitude journal is an easy way to incorporate this habit into your daily life. Any journal or notebook may be used, but there are many journals marketed specifically for the purpose of gratitude journaling that have prompts to help you get started. Many people like to journal before bed to help send them off to a calm and grateful slumber.

Here are some tips for gratitude journaling to get you get started on your way:

- **Time suggested: Spend about 10-15 Minutes 1-3 times a week.**
- **Write down up to five things for which you feel grateful.**
- The list can be things of small importance or large importance to you.
- Be as specific as possible. Specificity is key to fostering gratitude.

- Try focusing on people you are grateful for rather than things. This will have a greater impact.
- Try subtraction rather than addition. What would your life be like without certain people or things, rather than writing only about the good stuff?
- See good things as “gifts”. Seeing good things as gifts can help prevent you from taking them for granted.
- Write regularly, but don’t over do it. Evidence suggests 1-3 times a week is more beneficial than daily journaling.

### **Meditation/ Relaxation**



Meditation is a profound healing technique that assists individuals in developing strategies that restore our natural state of balance . Research supports that meditation can help balance psychological well being and physical health to promote external and internal peace. Meditation can help you fulfill your everyday needs and can be as short as a few minutes or as long as a few hours.

Meditation is utilized as a relaxation and individual guide to:

- dealing with daily stress
- attaining greater concentration and awareness
- achieving self-discovery, self compassion and self-acceptance
- spiritual development

There are many ways to incorporate and make time for meditation in our daily routines. Some of these ways include deep breathing, yoga, prayer, body scan, positive affirmations and many more.

Resources you can use to incorporate meditation into your daily routine include:

- Free/ Low Cost Apps

- Calm-<https://apps.apple.com/us/app/calm-meditate-sleep-relax/id571800810>
- Headspace-  
[https://play.google.com/store/apps/details?id=com.getsomeheadspace.android&hl&utm\\_source=headspace&utm\\_medium=weblink&utm\\_campaign=app\\_page](https://play.google.com/store/apps/details?id=com.getsomeheadspace.android&hl&utm_source=headspace&utm_medium=weblink&utm_campaign=app_page) [https://apps.apple.com/app/headspace-on-the-go/id493145008?utm\\_campaign=app\\_page&utm\\_medium=weblink&utm\\_source=headspace](https://apps.apple.com/app/headspace-on-the-go/id493145008?utm_campaign=app_page&utm_medium=weblink&utm_source=headspace)
- Loving- Kindness Meditation/ Affirmation
  - May I be safe
  - May I be happy
  - May I be healthy
  - May I be at peace
  - May I be free from pain, hunger, and suffering
    - Optional to add May I be secure, loved, forgiven, accepted etc. (Seppala, 2014)
- Resource to explore loving kindness meditation affirmations
  - <https://www.contemplativemind.org/practices/tree/loving-kindness>
  - [https://ggia.berkeley.edu/practice/loving\\_kindness\\_meditation](https://ggia.berkeley.edu/practice/loving_kindness_meditation)
  - <https://emmaseppala.com/gift-loving-kindness-meditation/>
- Meditation Video
  - Video- <https://www.youtube.com/watch?v=iebciuBXCh4>
- Yoga Video
  - Video- <https://www.youtube.com/watch?v=9Li2P1PbChU>

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