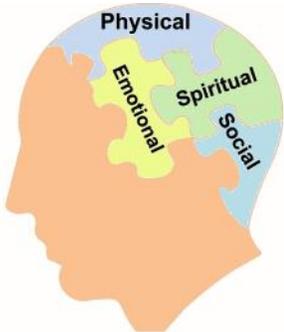


Planning to Live Well

The steps in this **planning poem** can help you and your loved ones to “be your best.”

Start solving your puzzle. Get help when you can. Use four ways to stop stress. Then learn from your plan.



START SOLVING YOUR PUZZLE

Any piece of the wellness puzzle can help or harm the other pieces.

Which pieces of the Wellness Puzzle are most important for you? ...and for your loved one?

GET HELP WHEN YOU CAN



2-1-1 is a phone number that connects you to an information specialist who can link you to the community services (e.g., financial, emotional, medical and other help) for seniors, adults or children.

NY Connects (through the NYS Office for the Aging) connects you with resources and assistance whether you're caring for a senior, an adult or a child (1-800-342-9871 /www.NYCONNECTS.ny.gov)



If **spirituality** is important to you, think about seeking support through prayer and/or a local faith community—or review our other **Action Guides** on **Prayer** and **Finding More Love**.

USE FOUR WAYS TO STOP STRESS

Use the **Satisfaction Skills** to help you:

- improve communication between you, your loved one and your care team
- Stop your stressing (if only for a minute or an hour)
- Understand people who are different from you
- And (if spirituality is important) to pray

THEN LEARN FROM YOUR PLAN

Use our **Planning Poem** to make a plan with your doctor, family and friends ... **then learn from it!**

- **Remember your goals** (for each piece of the Wellness Puzzle)
- **and check your signs.** (e.g, blood pressure, depression)
- **Take some steps** (e.g., exercise, medications, volunteering)
- **and learn each time.** (Tell you doctor what worked, and what didn't)

Bring someone with you to each medical appointment. Share your record and questions with the doctor, and write down their advice.

Awareness

Listen
Focus

The Satisfaction Skills

Affirm
Compliment
Praise

Assert
I think...
I want...
I feel..

Accept
Relax
Forgive

Learn from Your Plan!

1. Remember Goals →

Experience more love with family
Less stress... More peace
More energy to enjoy friends and family

2. Check your Signs →

Stress, Moods and Behavior Social and Spiritual Satisfaction Physical Abilities or Problems

Feel disconnected - angry with others
Strong "alarm response" each AM; Blood Pressure = 160/100
Am breathless after climbing one flight of stairs

3. Take Some Steps →

Exercise: Weight walking/swimming Affirmations: Personal Care hygiene, positive Acceptance: Seek, Decide Acceptance: Reach, Praise

Use "Your Resources: Emotional, Occasional, Medical" Get and Give support: Discuss with partner, friend or relative

See doctor about blood pressure control - medications?
Practice "satisfaction skills" exercises at least twice a day
Walk every day - do strength building every other day

Learn each time. →

What worked? How helped improve your signs?

NAME: _____ Partner's Name: *Angie C* Today's Date: *3/14* Next Discussion date: *3/21*