

## **Tips for Vitality and Serenity**

**Be Realistic** – Accept your basic personality, utilize your strengths and accept your weaknesses.

**Appreciate What You Have** – rather than focusing on what you don't have.

**Say "No"!** – You're no good to anyone if you are exhausted, resentful, and over-stretched.

**Say "Yes"!** – List to what you want, and go for it. You'll experience more joy and pleasure in life.

**Move Your Body** – Stretch, strengthen, and get your heart pumping. You'll look and feel better.

**Sleep** – You know how much rest you need; aim to get it.

**Choose Food Wisely** – Include plenty of whole grains, vegetables, and fruit, eat some protein, and avoid excess sugar, fat, and salt. Stop eating when slightly full.

**Enjoy Simple, Everyday Pleasures** – It will brighten each day.

**Reduce Guilt** – Be clear on what you can and cannot control, and move on.

**Live in the Present** – rather than dwelling on the past or worrying about the future.

**Feel Your Feelings** – and express them in healthy ways.

**Laugh More** – It's one of the best ways to reduce tension.

**Keep Hopeful** – A positive attitude helps to create positive outcomes.

**Try New Things** – Take a risk, keep an open mind, invite spontaneity...it keeps life fresh.

**Recognize When You Need Help** – and ask for it.

**Take Quiet Time** – It's important to reflect and contemplate.

**Remember to Relax** – and breathe deeply.

**Communicate Openly and Honestly** – to avoid conflict and confusion.

**Embrace Creative Expression** – Dance, music, art, and writing are powerful and magical resources.

**Connect With Your "Spiritual Self"** – however you define it.

**Listen to Your Intuition** – It has very good advice.

**Follow Your Dreams** – and keep dreaming ... it creates happy people.

(Adapted from materials provided by the Social Work Department of Roswell Park Cancer Institute. <http://roswellpark.org>.)