

Fitness Find

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AEROBICS	HIKING	STAIR STEP
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When Life Gets You Down...

In most cases, people spend time taking care of their physical health and often neglect their mental health. However, it's important to recognize that physical and mental health must both be present to lead a well-rounded, healthy life.

Here are tips on how to keep a positive mental outlook on life:

- *Boost your self-confidence.* Avoid self-criticism and respect yourself.
- *Be realistic.* If you feel overwhelmed by too many activities, learn to say no. Avoid taking on more responsibilities than you can or should handle.
- *Do nice things for yourself once in a while.* Spend time doing things that give you joy. Make time for your hobbies and favorite projects.
- *Meditate.* Spending 10 to 20 minutes of quiet reflection may bring relief from chronic stress as well as increase your tolerance to it. Listen to music, relax, and try to think of pleasant things or nothing.



- *Enhance your mind.* Work a daily crossword puzzle, do a word find, plant a garden, learn to play an instrument or to speak a different language, or take a college class with a friend.

- *Learn to deal effectively with stress.* Practice good coping skills, take a nature walk, play with your pet, or write down your thoughts in a journal.

- *See the humorous side of life.* According to research, laughter is good medicine and can boost your immune system, ease pain, offer relaxation, and lessen your stressed-out feeling.

- *Be open to new things.* Don't be afraid to vary your routine occasionally. Change how you exercise, do something spontaneous with your spouse or a friend, visit a new restaurant, or attend a concert or play in your area.

- *Talk to someone.* Sharing your thoughts and concerns with someone can help you deal with issues you're facing.

For more information, visit the National Mental Health Association at www.nmha.org.

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