

FUN ACTIVITIES TO EXPERIENCE BRIGHT MOMENTS MORE OFTEN

1	Greet Those Around You with a Smile or a Wave whenever appropriate
2	Create a Positive Message for Yourself that You Express upon Awakening, Taking a Nap or Turning in for the Night.
3	Communicate with someone you care about whenever possible. Make a list alone or with family members and friends
4	Work on a "ME" Memories Book
5	Dress up in your favorite clothing at least once a week and ask someone to take a picture or take a selfie
	Reflect on your favorite movie and then ask someone to help you to find it playing on TV

6	
7	Obtain a plant or two and watch it (them) grow as you nourish it (them)
8	Create a monthly schedule of activities that includes meetings other than appointments with your physician
9	Surround yourself with so much light, bright colors and cheery art that you need sunglasses
10	Journal and then review all the positive happenings of the week that involve you or someone that you care about.

STRESS PREVENTION QUOTES

The medical literature tells us that the most effective ways to reduce the risk of heart disease, cancer, stroke, diabetes, Alzheimer's, and many more problems are through healthy diet and exercise. Our bodies have evolved to move, yet we now use the energy in oil instead of muscles to do our work -- **David Suzuki**

If you see a friend without a smile give him/.her one of yours -- **Proverb**



CONTACT INFORMATION

24 East Cary Street, Richmond, VA 23219 www.seniorconnections-va.org
 Richmond area: (804) 343-3000 Toll Free: 1-800-989-2286
 email: twatson@youraaa.org