

INDIVIDUAL Rx.

“Prescription for Keeping Yourself on Track”

Here are some issues and ideas you will find very useful exploring.

1. **Exercise:** stretching; walking; running; gym; aerobic activities
2. **Quiet time:** meditation; controlled breathing; music; massage; relaxation techniques; visualisation; guided imagery; yoga; Pilates; Tai Chi; acupuncture; mindfulness
3. **Nutrition:** *minimise* - caffeine; alcohol; tobacco; sugar; fats; salt
maximise - healthy foods; plenty of water; vitamins
4. **Sleep:** quality; quantity; timing
5. **Communication:** express feelings and needs clearly; explore and change negative thoughts; address conflicts; regularly write a journal; ask for, and grant, forgiveness
6. **Problem solving:** identify problems; set goals; generate options; test solutions; try other solutions if necessary
7. **Connections:** time with **partner**; socialise with **friends**; talk to colleagues; **family** support; intergenerational links; use a mentor; count your blessings (show gratitude)
8. **Lifestyle:** have fun; use humour; be optimistic and kind; get involved with hobbies & creative activities; pets; explore **purpose** & happiness in life; study; de-clutter
9. **Wellbeing:** spirituality; community; self-help info; sport; work; gardening; nature; culture; art; theatre; literature; movies; music; holidays; volunteer; donate; travel
10. **Networks:** consult with your GP (i.e., health, medication); dietician; religious minister; medical specialist (e.g., psychiatrist).