

**Reaching out.** 1. Reach out to *others* for emotional and social support. Share your feelings and concerns. Build healthy mutual relationships and a healthy support system with your family and

# THESE ARE THE 4 'R'S AND 'N' OF WELLNESS

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Try the 5 best self-help methods for your wellness-building programme:

**R**egular exercise at least 3 times a week for 30 minutes. Aim for *daily for 45 minutes*.

**R**elaxation, **R**est and **S**leep (at least *7 hours* per night).

## Relaxation exercises:

1. Close your eyes. Pause for a few seconds.
2. Breathe in deeply through your nostrils *to the count of four* until your lungs are filled with revitalizing Oxygen.
3. Hold to the *count of five*.
4. Breathe out Carbon Dioxide and tension through your mouth to the *count of seven*.
5. Repeat four times.
6. Relax all your muscles from your toes up. Let all the tension drain out of your body until you feel loose and limp. Visualize feeling as limp as a wet towel on a clothes line.
7. Do this complete set of relaxation exercises 3-4 times a day:
  - a. on getting up in the morning - relax to face the rest of the morning
  - b. during your lunch break - relax to face the afternoon
  - c. coming home from work - relax to face the evening
  - d. before going to bed at night - relax to have a good night's sleep

**R**ecreation and **h**obbies. Get out, have healthy fun and find creative and enjoyable things to do.

Get close to nature. (But avoid unsafe sex)

peers. 2. *Volunteer* to help others. 3. For those who are religious, you can reach out to *God* as well through *prayer, scripture, worship, forgiveness and service*. 4. *Learn conflict management*.

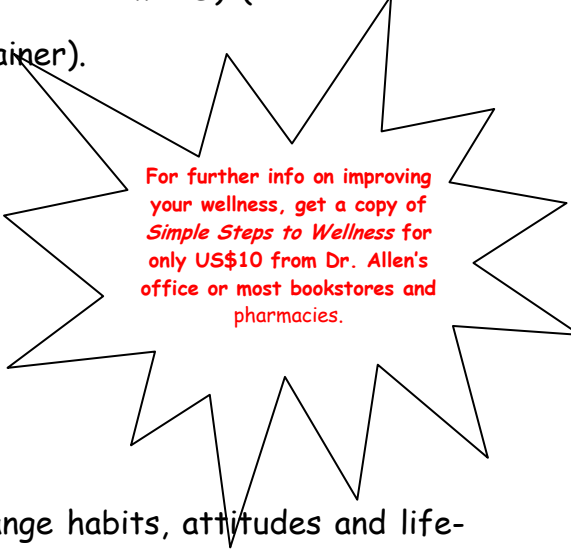
**Nutritional self-care.** *Less* of sugar, salt, fatty foods. Avoid refined (white) or processed products. No tobacco or regular alcohol. *More* of vegetables, fruits, legumes, nuts, whole grains, (brown rice, corn etc.) ground provisions. Eat less red meat and more white meat. Eat fish, meat substitutes (such as tofu or peas and beans combined with grains) and herbal seasonings.

- *Vitamins and minerals:* **multivitamin** plus **vitamins C** (500-1000 mg daily in divided doses) and **E** (200-400 I.U. daily) and **Calcium and Magnesium** (with vitamin D) (500-1000 and 100-500 mg daily in divided doses - usually specified on container).
- *Fish oil* (for Omega 3 fatty acids) and sunshine.
- *Water:* 6 to 8 glasses daily. Avoid soft drinks.
- *Eat smaller portions* (as many as 6 times per day)
- *Snack on crunchy fruits and vegetables*
- *Avoid toxic chemicals and radiation*

*Other steps for a healthy lifestyle:*

1. **Behaviour Modification Counsellor:** to help identify and change habits, attitudes and life-style patterns that are damaging to one's health.
2. **Self-Monitoring:** keep track of food intake, weight and exercise for positive, healthy changes. Use a journal and activity chart. **Do annual medicals!**
3. **Support Network:** support from family, friends and health care professionals to ensure success and consistency style patterns that are damaging to one's health.
4. **Financial Management** for Wellness: education, skills, earning, budgeting, saving, planning.

Check Dr Allen's website: [www.eanthonyallen.yourmd.com](http://www.eanthonyallen.yourmd.com) Use search function!



For further info on improving your wellness, get a copy of *Simple Steps to Wellness* for only US\$10 from Dr. Allen's office or most bookstores and pharmacies.