



Healthy Minds. Healthy Lives. Healthy Communities.

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Tips for Vitality & Serenity



- **Be Realistic:** Accept your basic personality, utilize your strengths and accept your weaknesses
- **Say “No”/Set Limits:** You are no good to anyone if you are exhausted, resentful and over-stretched
- **Move your Body:** Stretch, strengthen, and get your heart pumping. You’ll look and feel better !
- **Live in the Present...**rather than dwell on the past or worry about the future
- **Feel your Feelings...**and express them in a healthy way
- **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
- **Take Quiet Time:** It is important to reflect and contemplate...and breathe deeply
- **Communicate Openly and Honestly:** This helps avoid conflict and confusion
- **Connect with your “Spiritual Self”...**however you define it