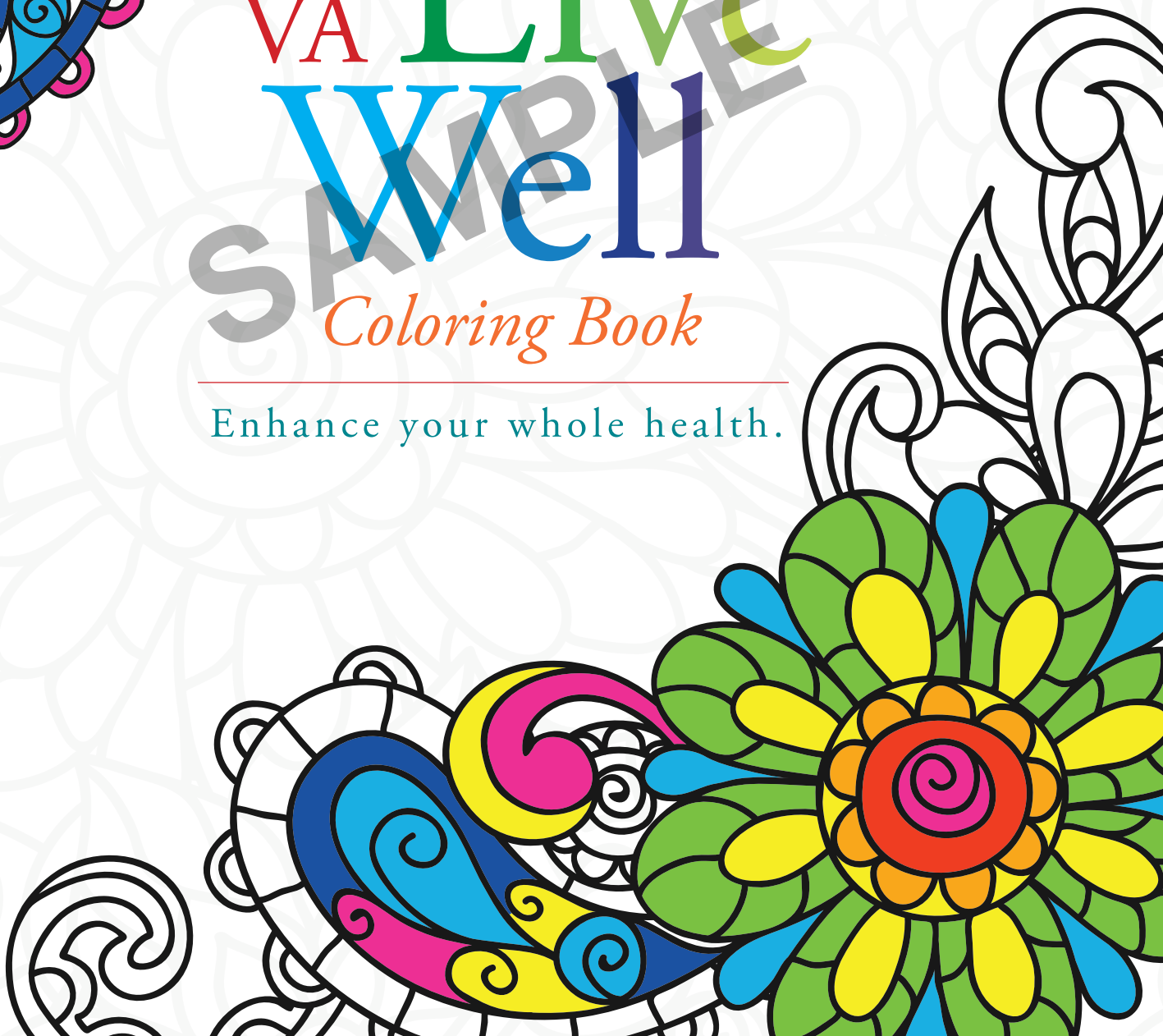




VA Live
Well
Coloring Book

Enhance your whole health.



Big-Picture Health

Overall health and well-being includes many parts that connect and work together to help you live your life to the fullest.

When you improve in one health area, you also benefit in other areas of your life and well-being.

Spiritual health

Having a spiritual faith or sense of purpose and meaning in our lives; connecting with the universe through nature, art or music; helping other people, etc. recommended.

Physical health

How the body functions.

Mental & emotional health

How we think, feel, and act when we relate with others and cope with life's challenges.

Mindful Awareness



Learn this skill to connect with all parts of your health and well-being. Stay focused on what matters most in your life.

Be present

Try paying more attention to your thoughts and feelings, in the present moment, without judging them.

Wandering thoughts

When practicing mindfulness, your mind will wander. Simply be aware of those thoughts, feelings or sensations, then return to your mindfulness exercise.

Techniques

Choose from a variety of mindfulness techniques including a mental body scan, walking meditation, mindful eating, and breathing exercises.

Make it a habit

With regular practice, you can gain more control over your reactions to stressful situations and negative thought patterns.

Mindful Eating



Be aware of every bite so you can taste and savor your food completely.

Eating more mindfully can reduce “stress eating” and help you focus on nourishing your body and your mind.

Try this technique:

1. Before you start eating, take a few deep breaths and give thanks for the food.
2. Remove or avoid all distractions while eating, such as TV and digital screens.
3. Focus on the food and those who are sharing the meal with you.
4. Chew each bite 20 times before swallowing.

The Mind is Made for Healing



There is growing evidence that our mind has the power to heal by increasing its positive impact on our body.

Ask your health care provider if mind-body therapies may help you manage your health.

Physical health conditions

Includes high blood pressure, headaches, and some types of pain.

Mental health conditions

Such as depression, anxiety, and PTSD.

Mind-body therapies

Cognitive behavioral therapy, biofeedback, and progressive muscle relaxation.

More examples

Meditation, mindfulness-based stress reduction (MBSR), creative arts therapy (art, music, or dance), and hypnosis.

Find Your Ways to Move

When setting exercise goals, reflect on the big picture. Can you move your body in ways that help reach your life's goals? Look for ideas to exercise your way. What inspires you to exercise and move your body?

Take a yoga, qigong, or martial arts class.

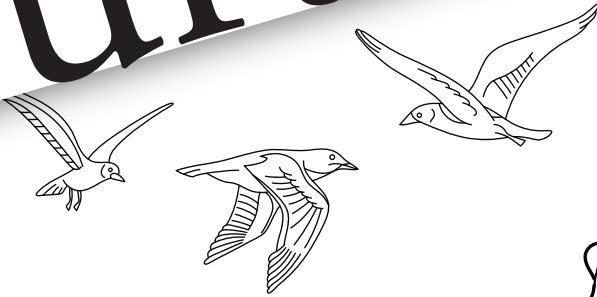
Add more movement during your day by getting off the bus one stop early. Have weekly family dance parties.

Join an adaptive sports program for persons with physical disabilities.

Work out at the gym or start a walking program. Join a cycling club or take swimming classes.

Relationships that Nurture

Healthy relationships with family, friends, and co-workers help create joy in your life and provide support when things get tough.



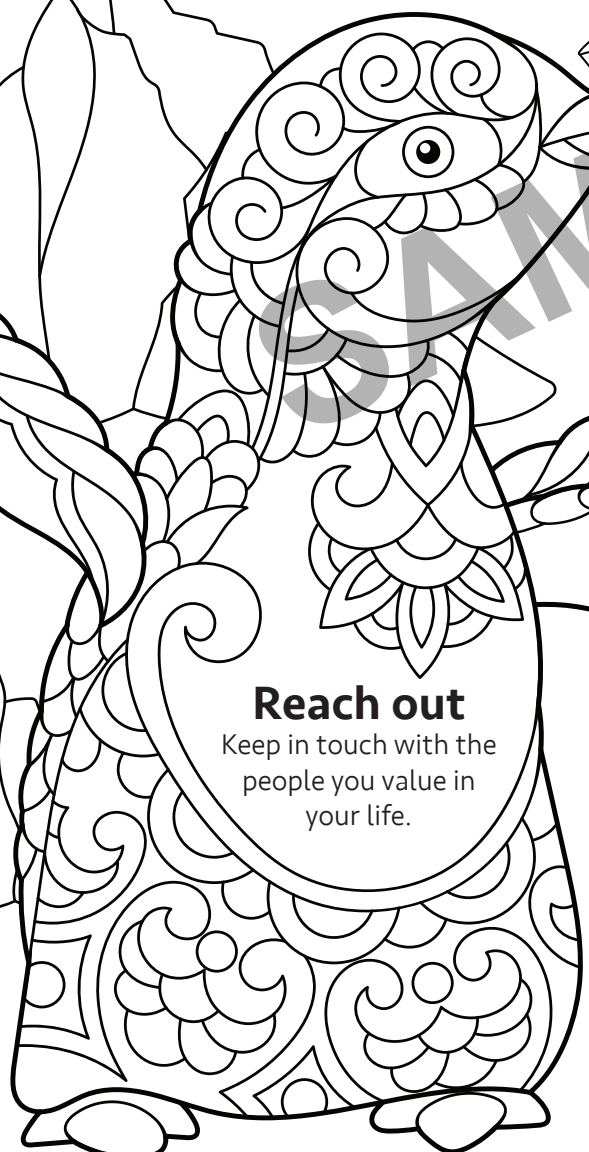
Listen up

Strive to be a good listener. Focus on what the other person is saying, try not to interrupt, and don't appear judgmental.



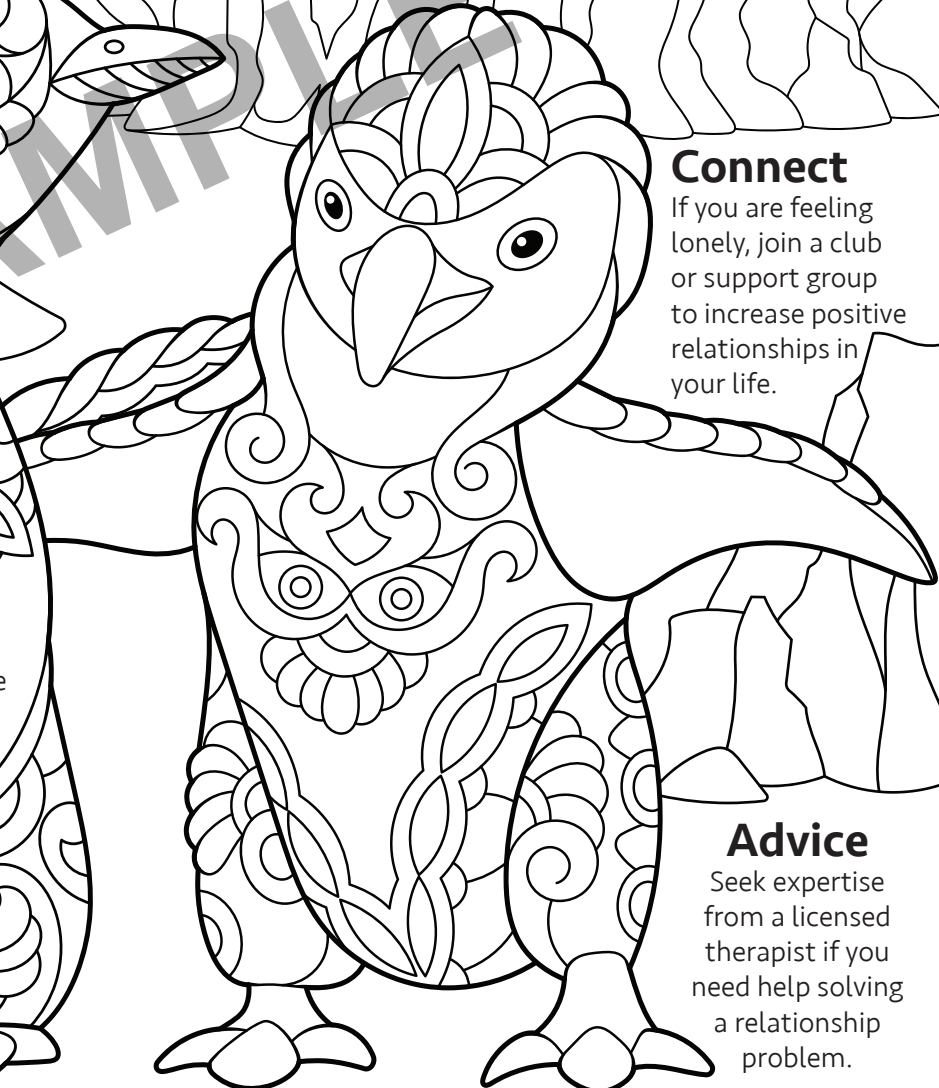
Reach out

Keep in touch with the people you value in your life.



Connect

If you are feeling lonely, join a club or support group to increase positive relationships in your life.



Advice

Seek expertise from a licensed therapist if you need help solving a relationship problem.

Recharge with Sleep

Refresh and revive your body and your mind each day by getting quality sleep.

For long-term sleep problems, talk with your health care provider about ways to improve your sleep.

Prepare your body

Get ready for sleep one hour before bedtime. For example, turn down the heat, dim the lights, and turn off digital screens.

Include "mind rest"

Rest your mind before bedtime. Listen to relaxing music or a bedtime story for adults, take a bath, or do a relaxation exercise.

7-9

For most adults, 7-9 hours of quality sleep each day is recommended.

Nap, if you must

Limit naps during awake hours to 20-30 minutes.

Less Clutter, More Calm

Decluttering can help relieve stress and be emotionally calming. Consider changes you can make to help you feel healthier, calmer, and happier.

Small successes

Start small with a shelf, drawer, or closet to give you a feeling of success before you move on to decluttering the next space.

True connections

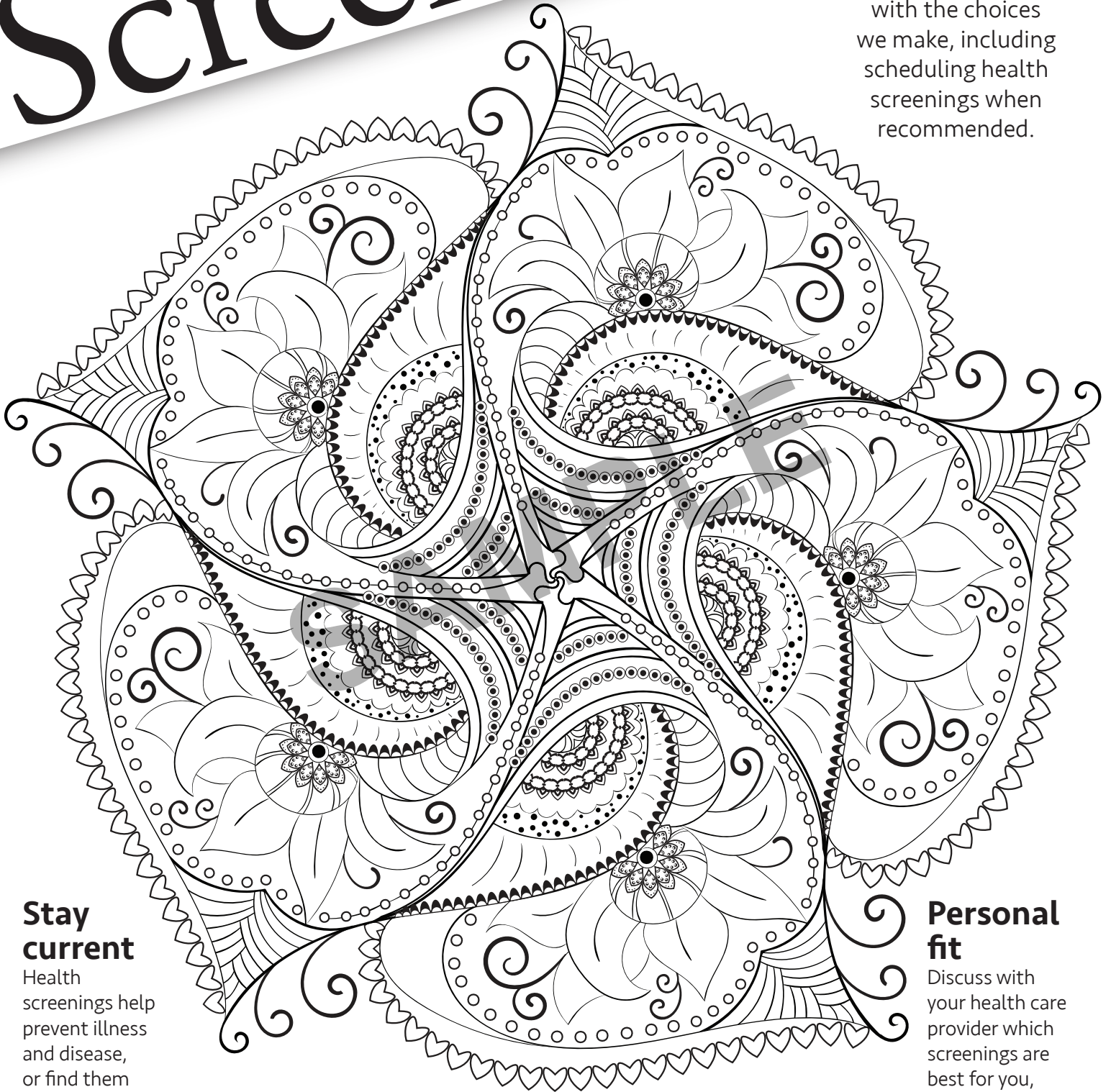
The goal is to keep items that truly connect with your life's purpose, your loved ones, and the things that bring you joy.

Does it "fit"?

Ask how each item reflects your current values and lifestyle.

Health Screenings

We take care of ourselves every day with the choices we make, including scheduling health screenings when recommended.



Stay current

Health screenings help prevent illness and disease, or find them early when treatments can be more successful.

Track & discuss

Keep a record of your test results to discuss with your health care provider.

Make it a date

Record your screening test appointments on your calendar or smartphone.

Personal fit

Discuss with your health care provider which screenings are best for you, depending on your age, gender, family history, and health status.

Grow & Connect Your Spirit



Your faith

Practice a religious or spiritual faith.

There are many ways we can express our sense of purpose or feeling connected to something larger than oneself. In whatever ways you choose, expressing your spirit will enhance your overall health and well-being.

Meaningful art

Connect with the creative arts, such as painting, music, or dance.

Volunteer

Find ways to help others in your community.

Nature & solitude

Spend time in nature, in solitude, or practice meditation.

Gratitude for Positivity

Practicing gratitude helps fire up positivity neurons in your brain. It may also help you feel calmer and less stressed.



Daily check-in

Use a phone reminder to check in daily and reflect on the positive things that happened that day.

More is better

Say "thank you" more often to your loved ones and to strangers.

Bedtime habit

Make gratitude a part of your bedtime routine.

Feel-good reminders

Create a gratitude jar. Place gratitude notes in the jar and when you're feeling down, read some of them.

Digital Detox



Too much

Overuse of digital devices reduces your attention span and can increase stress levels.

Tune out to tune in. The holiday season may be the perfect time to practice disconnecting from digital devices.

Mealtime

Have a family rule of no phones during meals to encourage more conversation.

Turn them off

When focusing on important tasks, turn off phone notifications to avoid distractions.

Put it away

Set aside your phone every day for a time to practice mindful awareness or to focus on a conversation.