

Well-being:
Seven Simple
Steps to

Feeling
Better



Welcome to Well-being:
Seven Simple Steps
to Feeling Better—a
tool to help you live
life to the fullest.

Your employer has chosen to participate in Living Healthy, an exciting program designed to help you:

- Feel healthier
- Improve your energy, mood, and focus
- Be more productive and experience less stress
- Spend more time with family and friends
- Enjoy a higher quality of life—
and much, much more

DMBA is pleased to provide this benefit in support of our company's mission to help you improve your health and financial security. Turn the page to begin (or continue!) your journey to an improved sense of physical and emotional well-being.



Joann Sparks

Susan Johnson

HOW THIS BOOKLET WORKS

This booklet is organized into seven easy-to-read sections, each offering compelling insights on health and well-being, as well as opportunities to apply what you've learned. We've also included a checklist so you can track your progress. We recommend starting at the beginning, but you don't have to. This program is yours, so use it however works best for you.

At the end of each section you'll find additional resource recommendations to help you continue on your path of health and well-being.

LOOK FOR THESE ICONS:



Resources



Practice Activity



What Do I Want?

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This section starts by asking you to consider the things you value most. You're much more likely to remain focused on—and ultimately achieve—goals if they're based on what's most important to you.

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This section describes the many benefits of healthy, restorative sleep as well as the adverse physical effects of sleep deprivation.

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This section discusses the stress-reducing, confidence-boosting, and mood-enhancing effects of lending a helping hand.

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This section is all about taking care of yourself today in preparation for a healthier, happier, more vibrant tomorrow.

PRACTICES

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Value Cards: What Matters Most to Me?
- PRACTICE #2
Wheel of Life: Assessing Life Satisfaction

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Schedule Preventive Services
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Enroll in Living Healthy
- PRACTICE #11
Self-Care Plan

CHAPTER 1

GETTING STARTED: DISCOVER WHAT'S TRULY IMPORTANT

“

IT'S NOT HARD
TO MAKE A
DECISION ONCE
YOU KNOW
WHAT YOUR
VALUES ARE
—ROY E. DISNEY

WHAT ARE YOUR VALUES?



If someone were to ask you what you value, would you be able to tell them? And more importantly, do you know how to make your values work for you?

When it comes to happiness and well-being, understanding your values is fundamental.

When asked about their values, most people respond with things they *think* they value, *wish* they valued, or think *others* might value. Do the values that first come to your mind reflect the things you genuinely value most?

If you want to find out, spend an enlightening few minutes on **PRACTICE #1 VALUE CARDS: WHAT MATTERS MOST TO ME?**

THAT'S
WHY

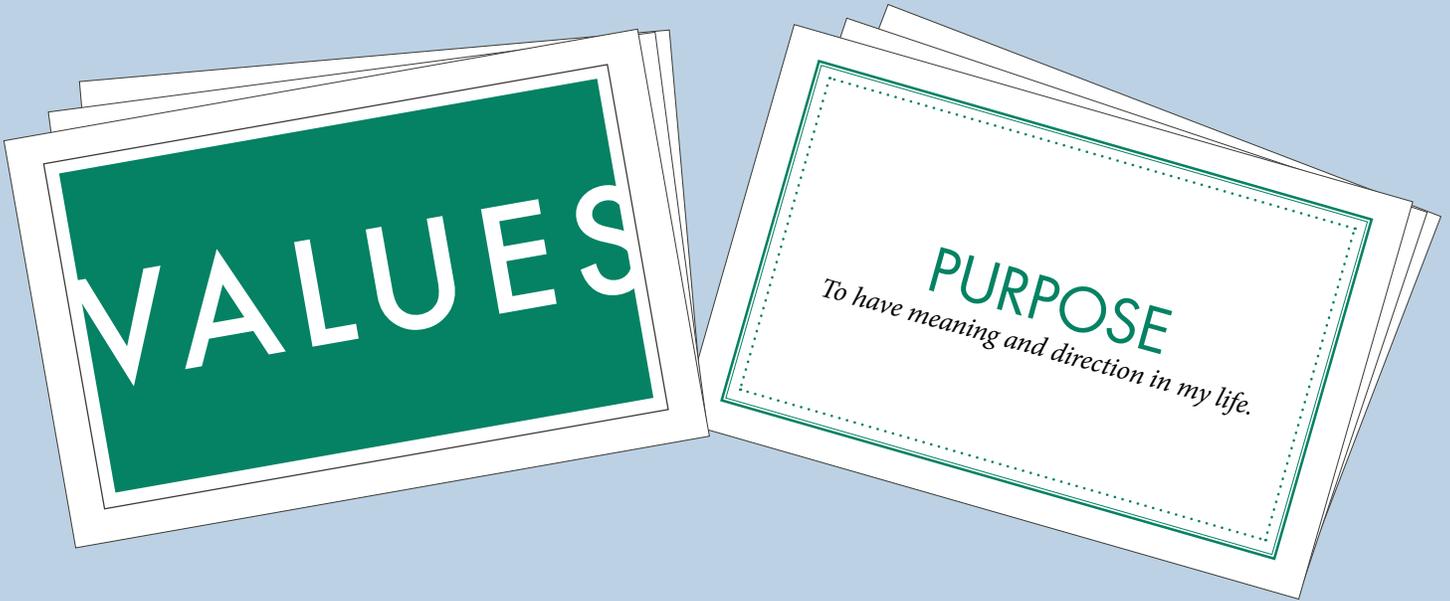
Your values:

- influence your behavior, your choices, and your emotions
- influence your habits, your lifestyle, and your social experiences
- motivate and give you purpose



PRACTICE #1 VALUE CARDS: WHAT MATTERS MOST TO ME?

In the back of this booklet, you'll find a set of value cards. Follow the directions on page 50 to identify five values that matter most to you. Record them below.



My top five values are:

1. _____
2. _____
3. _____
4. _____
5. _____



How do you feel about the five values that matter most to you?

What connection do you see between your life goals (what you're wanting for yourself) and what you value most? If your goals and values don't align, now's the time to refocus your energies and find success.

A HAPPY LIFE IS A BALANCED LIFE

Completing PRACTICE #2 THE WHEEL OF LIFE: ASSESSING LIFE SATISFACTION is a perfect way to invite more balance, happiness, and success into your life.

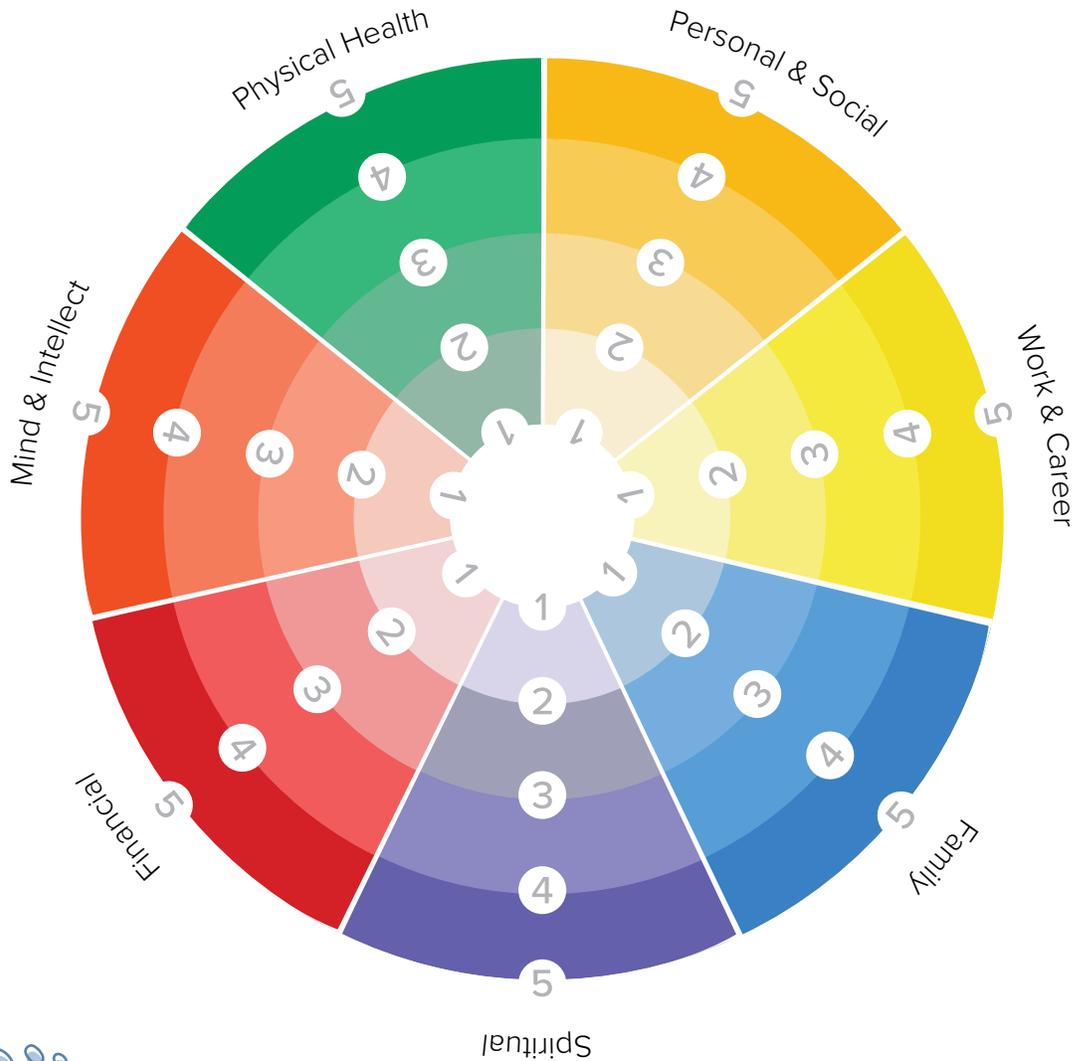
Through this exercise, you will gain deeper insight into the balance of your life by evaluating your personal satisfaction in seven specific areas. Following this self-reflection, you can further explore *why* your wheel of life looks the way it does, *what* you would prefer it looked like, and *how* to make this happen.





PRACTICE #2 WHEEL OF LIFE: ASSESSING LIFE SATISFACTION

Rate your level of satisfaction in each area on a scale of 1 to 5, one is least satisfied and five is most satisfied, and fill in the corresponding number in each section. Connect the dots and reflect on the shape of your "wheel." Given your wheel's shape, how bumpy or smooth will your ride be?



What do I want?

The area of well-being I want to focus on first is:

My goal listed above aligns with my values because:

CHAPTER 2

BEING ACTIVE: FEELING BETTER BY MOVING MORE





“

IF TODAY YOU
ARE A LITTLE
BIT BETTER
THAN YOU WERE
YESTERDAY, THEN
THAT'S ENOUGH
—DAVID A. BEDNAR



WHEN YOU ADD MORE ACTIVITY, YOU'RE TAKING BETTER CARE OF YOURSELF

The physical, mental, and emotional benefits of activity are hard to ignore. It doesn't matter if you're old or young, new to activity, or have an existing routine. Unless your healthcare provider tells you otherwise, activity is good for you—and likely to help you feel a lot better a lot sooner.

When you add more activity throughout your day, you take better care of yourself and you're better able to take care of those who depend on you. Being physically active will help you do more of the things that are most important to you.

THAT'S

WHY

Did you know that most people don't get enough physical activity to experience health benefits?

By being more active, you'll:

- avoid debilitating diseases
- feel healthier
- have more energy
- enjoy a sharper mind and elevate your mood

As you think about increasing your activity and imagine the benefits more movement will bring, it may be helpful to keep a few things in mind:

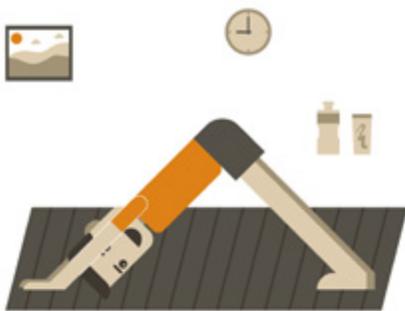
<p>1</p> <p>Remember to start where you are; it takes time to build a habit.</p>	<p>2</p> <p>Add activity into your day at an easy, reasonable pace that works for you, your family, and your lifestyle.</p>	<p>3</p> <p>Choose activities you enjoy. Be creative, and experiment with different types of activity.</p>
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If regular activity is new to you, you may want to schedule a specific time of day to begin—maybe all at once or scattered throughout the day. Activity can be as structured or as unstructured as you'd like. And any movement counts! You don't have to join a gym or take a class to enjoy the health benefits of being active.

Whether you're at home, at work, or running errands, look for opportunities to move more. Take stretch breaks, keep an extra pair of shoes at your desk or in your car, and choose the stairs whenever you can.

If you're wanting a little more structure, the F.I.T.T. practice on the next page may be helpful. F.I.T.T. stands for frequency, intensity, type, and time. Using the chart below as a guide, develop the F.I.T.T. plan that works best for you!

STRETCHING



IMPROVE FLEXIBILITY



10-20 SECS EACH STRETCH



2-3 DAYS A WEEK

AEROBIC EXERCISE



IMPROVE CARDIOVASCULAR SYSTEM

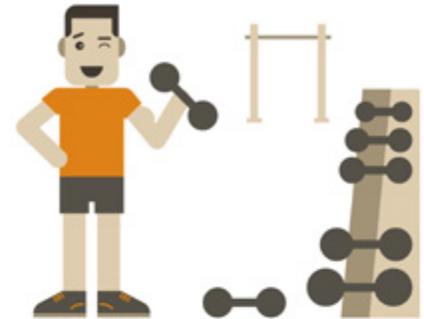


30 MINS A DAY



3-5 DAYS A WEEK

STRENGTH TRAINING



IMPROVE MUSCLE STRENGTH



45 MINS A DAY



2-3 DAYS A WEEK



When it comes to activity, keep three things in mind:

1. Make it easy.
2. Make it fun.
3. Make it daily.





PRACTICE #3 CREATE YOUR F.I.T.T. CARD

A F.I.T.T. card can help you develop an exercise routine that’s just right for you. If you’re finding it hard to stick to your plan, maybe you’ve bitten off more than you can chew. It’s ok to re-evaluate—just don’t give up! Simply refine your plan until you find one that works right for you.

Follow the four steps below to create your customized exercise plan:

		F.I.T.T. Goal I will...	
<p>Frequency How often will I do this? <i>For example, "I will do my activity three days this week."</i></p>	F requency		
<p>Intensity How much effort am I willing to make? <i>For example, "I will do my activity at a moderate level for me."</i></p>	I ntensity		
<p>Type What do I enjoy doing? <i>For example, "I enjoy walking."</i></p>	T ype		
<p>Time How long will I do it? <i>For example, "I want to exercise for 30 minutes."</i></p>	T ime		



What do I want?

Considering what you’ve learned about being active, ask yourself: What do I want to improve or gain within this area of well-being?

How does the goal described above align with your values?

CHAPTER 3

EATING BETTER: ENJOYING A HEALTHIER WAY OF EATING





“

OUR FOOD
SHOULD BE OUR
MEDICINE, AND
OUR MEDICINE
SHOULD BE
OUR FOOD.
—HIPPOCRATES



EVERYTHING YOU EAT AND DRINK MATTERS

By eating right you can be healthier and more energetic, dramatically improving the time you spend caring for those you love.

Healthier eating benefits us:

- Physically
- Mentally
- Emotionally

Good nutrition increases our energy levels, improves brain function, and prevents and fights disease. We feel good when we eat foods that are fresh, in season, and of the earth, such as fruits and vegetables, whole grains, and lean or plant-based proteins.

THAT'S

WHY

Choosing to eat more nutritiously can be one of the smartest decisions you make. Why? Food is fuel, vital for good health and well-being.

Food provides our bodies with the energy and nutrients to live, grow, and function properly. We need a variety of different foods to provide the right amounts of nutrients for good health.

Healthy eating is about eating smart and enjoying your food. When taking steps toward better nutrition, consider the following:

PLANNING AHEAD

Making a change can be hard, but with a little bit of planning and awareness of possible road blocks, we can make healthy food choices more easily. Keep healthy, fresh foods on hand, plan home cooked meals with family and friends, and choose foods that are more nutritious.

HONOR YOUR HUNGER AND FULLNESS

Pay attention to the signals your body is giving you. Know when you are physically hungry and honor that with nutritious, healthy food. Likewise, pay attention to when you feel satisfied and are no longer hungry. What we choose to eat and how much we choose to eat can be challenging. Reach for foods that are nutritionally dense as opposed to foods full of sugar and excess fat.

PAY ATTENTION TO PORTIONS

Portion size matters. Research has shown people consistently eat more when offered larger-sized portions. Use the chart below to help identify healthy portion sizes.

<p>Cooked Meat</p>  <p>1 serving = 2 ounces</p>	<p>Oil, Butter, Margarine</p>  <p>1 serving = 1 teaspoon</p>	<p>Cereal or Rice</p>  <p>1 serving = ¾ cup</p>
<p>Peanut Butter</p>  <p>1 serving = 2 tablespoons</p>	<p>Cooked Pasta</p>  <p>1 serving = 1 cup</p>	<p>Dried Fruit & Nuts</p>  <p>1 serving = ¼ cup</p>
<p>Cheese</p>  <p>1 serving = 1.5 ounces</p>	<p>Fruit</p>  <p>1 serving = ½ cup</p>	<p>Vegetables</p>  <p>1 serving = 1 cup</p>

MAKE HEALTHY CHOICES

Eating more nutritiously means eating a variety of fresh, colorful foods rich in nutrients.



PROTEIN

1. Protein is an important building block of bones, muscles, cartilage, skin, and blood.
2. Try to get your protein from a variety of sources.
3. Choose to eat meat in moderation. It's better for you and our environment.
4. Sources include fish, poultry, beans, legumes, eggs, dairy, and nuts.



FATS

1. Fats encourage the production of body chemicals that help control inflammation.
2. Unsaturated fats don't raise 'bad' LDL cholesterol and may help raise your 'good' HDL cholesterol.
3. Choose unsaturated fat over saturated fat and avoid trans fat.
4. Sources include fish, avocado, flaxseed, some oils, nuts, and seeds.



CARBOHYDRATES

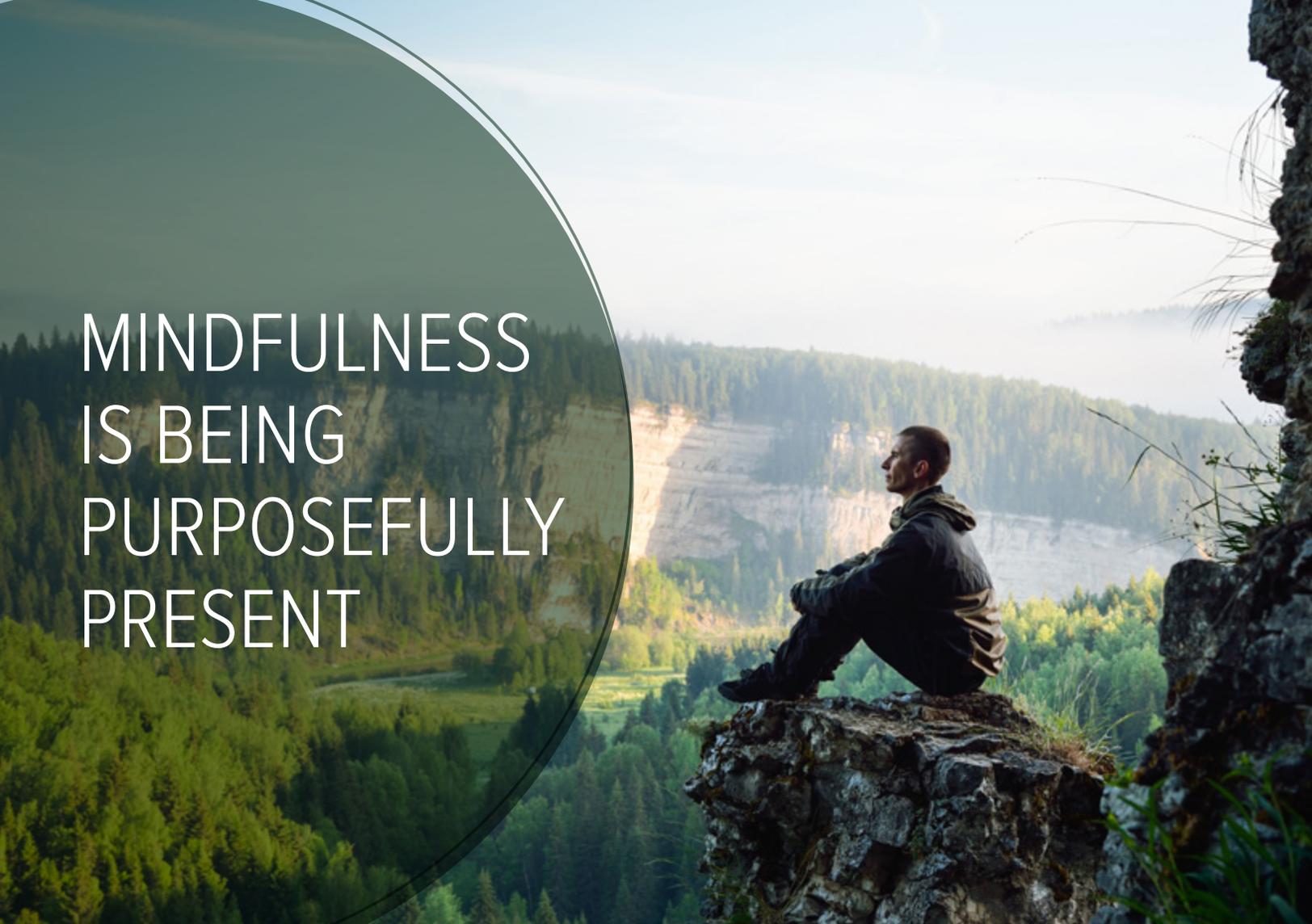
1. Carbohydrates give you energy and promote a healthy digestive system.
2. Carbohydrates are the body's primary energy source.
3. Choose foods high in fiber, and limit added sugar and refined grains.
4. Sources include grains, beans, legumes, vegetables, and fruits.



A quote by Viktor Frankl is centered on a white rectangular background. The background of the entire image is a blurred photograph of a beach at sunset or sunrise, with a yellow and orange sky and a brown sandy beach. The quote is written in a teal color. Above the quote is a large teal quotation mark.

“

BETWEEN
STIMULUS AND
RESPONSE THERE
IS A SPACE. IN
THAT SPACE IS
OUR POWER TO
CHOOSE OUR
RESPONSE. IN
OUR RESPONSE
LIES OUR
GROWTH AND
OUR FREEDOM
—VIKTOR FRANKL



MINDFULNESS IS BEING PURPOSEFULLY PRESENT

Life seems to move at warp speed, and we do the best we can to keep pace. But if we don't take time to slow down every now and then, not only will the stressors continue to mount, we might miss out on what's most important to us. A great way to put on the brakes and become more attuned to the present is by practicing mindfulness.

Mindfulness is the practice of being fully and intentionally present without judging your thoughts or the experience. Instead of deciding whether your experience or thoughts are good or bad, just acknowledge and accept them for what they are.

THAT'S

WHY

Practicing mindfulness can give us time back.

Lowering our stress levels reverses the biological clock, giving us more time to participate in the things we want to do with the people we love.

Practicing mindfulness also:

- Lowers stress
- Improves focus
- Reduces brain chatter
- Improves connections
- Helps you to understand yourself more fully

WHAT HAPPENS UNDER STRESS

Knowing how our minds and bodies react to stress is at the core of understanding why mindfulness training is effective in managing stress.

Fight or Flight



The fight-or-flight response is a biological process that controls how readily we can run from danger:

1. A threat is perceived by the individual
2. Fight-or-flight response is activated
3. Stress hormones are released

Physiological Response



Stress hormones cause:

- heart rate to increase
- breathing to increase
- fats and glucose to release for quick energy
- diversion of blood flow from nonessential body areas to muscles and brain
- perspiration to increase
- suppression of the immune system

Relax and Release



Threat is removed:

1. Neurotransmitter acetylcholine is released
2. Stress hormone levels are lowered
3. Body returns to normal

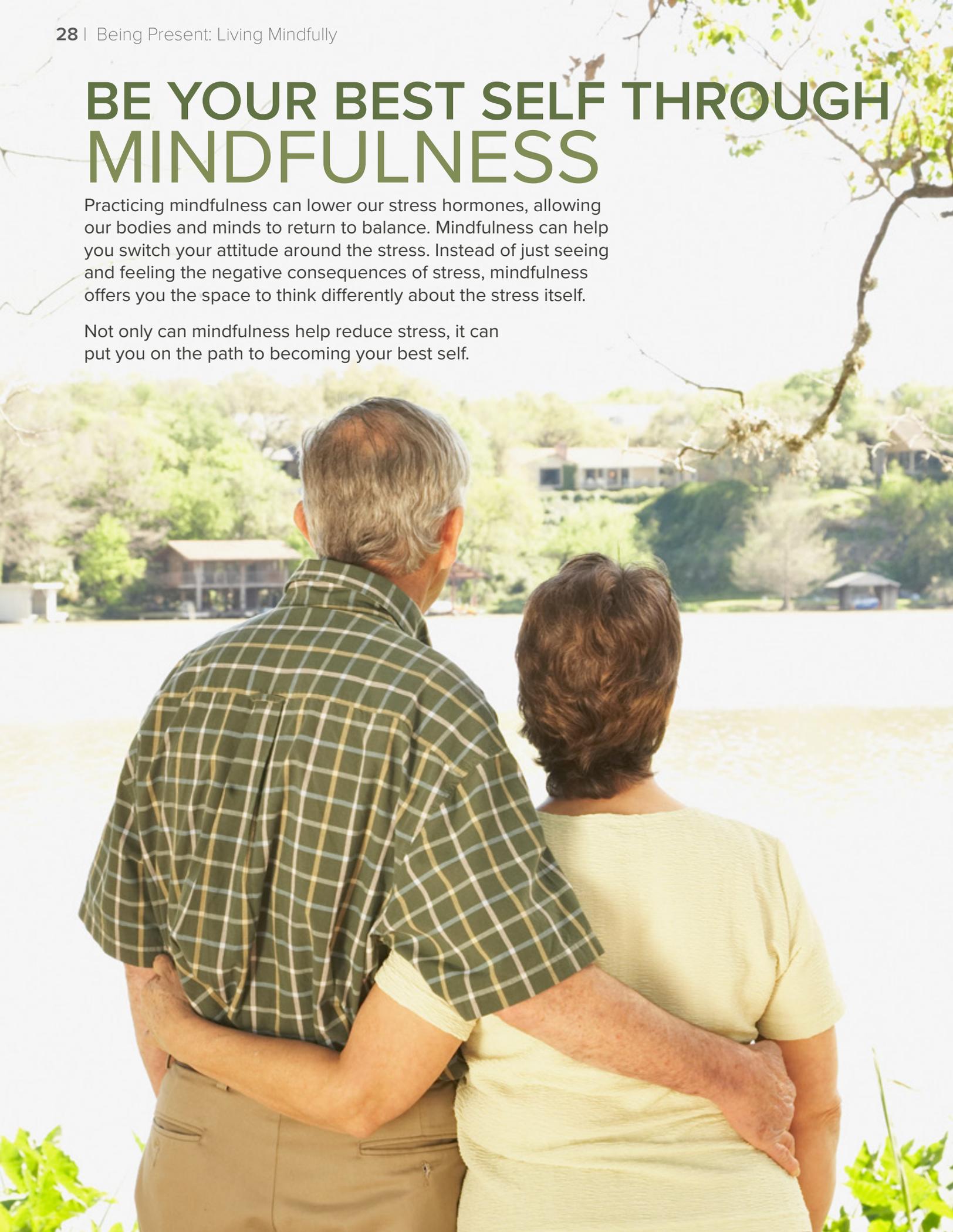


The stress response was never meant to be a permanent condition. The human body is designed to respond readily to challenges—and then to release. When chronic stress takes over, our bodies and minds are numb to the signals to release and relax, and we stay in constant fight-or-flight mode, which can have serious effects on our health.

BE YOUR BEST SELF THROUGH MINDFULNESS

Practicing mindfulness can lower our stress hormones, allowing our bodies and minds to return to balance. Mindfulness can help you switch your attitude around the stress. Instead of just seeing and feeling the negative consequences of stress, mindfulness offers you the space to think differently about the stress itself.

Not only can mindfulness help reduce stress, it can put you on the path to becoming your best self.



Know Your Mind

- Mindfulness can help you understand what causes you stress
- Mindfulness is about recognizing what's going on inside our minds and bodies, as well as our external experiences and understanding how they affect our well-being

Train Your Mind

- Think of mindfulness as a muscle; build it with practice
- Mindfulness is not about stopping or eliminating thoughts or feelings
- With mindfulness, we can change our relationship with our thoughts, emotions, and negative self-talk

Free Your Mind

- You have a choice in your response
- You don't have to believe every thought you have; just notice your thoughts without judgment

Achieve Peace

- As you create more emotional balance, you're less easily triggered by stress and strong emotions, and can bounce back faster when you are (triggered)
- Mindfulness is like being the best possible parent to yourself: present, gentle, attentive, compassionate, and grateful for each moment
- Attaining peace, joy, and connection doesn't have to be a lofty goal. Simply pay attention to whatever you are doing because this moment IS your life.

THERE'S NO SINGLE WAY TO PRACTICE MINDFULNESS

You can try one of these or come up with another that works better for you.

MINDFUL HAND AWARENESS



Grasp one hand tightly with the other and hold 5-10 seconds. Release and pay attention to how your hands feel. Maintain awareness and focus on the feeling as long as you can.

UNDIVIDED ATTENTION



Choose an activity and devote your undivided attention to it. Notice all sensory perceptions (sight, sound, smell, taste, touch) while participating in the activity.

MENTAL FOCUS



Focus your gaze on an object for as long as possible. Recognize when your mind starts to wander. Acknowledge the thoughts non-judgmentally; then gently re-focus on the object.

JUST BREATHE



Sit in a quiet spot and simply breathe for 5-10 minutes. Focus on the subtle movements of your body. How does it feel?

MUSICAL STIMULI



Listen to a song and actively notice your emotions. What feelings does this song evoke? What memories come up, and how do they make you feel?

SAVOR YOUR MEALS



Pay attention during your first three bites. Bring awareness to the smell, texture, and taste of your food as well as your physical and emotional reactions to each. Savor the moment.





PRACTICE #5 S.N.A.C.K.

The next time you're feeling stressed out, overwhelmed, or unsure, reach for a moment of calm awareness—a mindfulness SNACK. Here's how to do it:



A Mindful S.N.A.C.K.

S

Stop

Just stop whatever you're doing. Stopping, by definition, requires us to begin again. We can always begin again.

N

Notice

What is happening within and around you?

A

Accept

This is a tricky one. Whatever it is you're struggling with (time, kids, sleepiness, frustration) acknowledge it for what it is, without judgment.

C

Curious

Ground yourself with questions about your experience and environment: What am I feeling? What do I need right now?

K

Kindness

Respond to yourself and others with kindness and observe how that helps things get back on track.



What do I want?

What do you want to change, add, or eliminate when it comes to mindfulness?

How does the goal listed above align with your values?

CHAPTER 5

SLEEPING BETTER: HEALING BODY AND SOUL



A person is lying on their side in a field of golden hay. To the left is a large, tall haystack. The background shows a soft-focus landscape with trees and a bright sky. A white rectangular box with a thin border is centered over the image, containing a quote in dark blue text.

“

DON'T MAKE
IMPORTANT
DECISIONS OR
TRY TO RESOLVE
SERIOUS
PROBLEMS
WHEN YOU ARE
EXHAUSTED. GET
SOME SLEEP.
YOUR MIND WILL
BE REFRESHED
AND YOUR
SPIRIT WILL BE
QUICKENED.”

—JEFFREY R.
HOLLAND



SLEEP MAKES YOU FEEL BETTER

The importance of sleep goes way beyond just boosting your mood. Sleep is critical to our health yet it's often overlooked when considering overall well-being.

While sleeping, the body repairs itself and rebuilds vital tissue. Sleep supports healthy brain and body functions so you can enjoy higher-quality waking hours. When you consistently get too little sleep, it affects not only your health but also how you think, feel, learn, grow, and get along with others.

THAT'S

WHY

The way you feel while you're awake depends in part on what happens while you're sleeping.

A good night's rest, or lack thereof, may affect our:

- Brain function
- Emotional well-being
- Physical well-being
- Performance
- Safety

Positive Effects of Sleep



Increased energy

Sharper concentration

Better decision making

Improved memory

Ability to manage stress

Improved physical health

Better immune system

Negative Effects of Inadequate Sleep



Cardiovascular disease

Diabetes

Obesity

Poor concentration

Drowsiness during waking hours

Poor decision making

Carelessness, possibly exposing others to risk

WHAT ARE YOUR BEDTIME ROUTINES AND HEALTHY SLEEP HABITS?

Use all five senses to create the best environment for sleep.

HEAR: Are you sensitive to noise? Is your bedroom free from disturbances that prevent you from achieving the deepest, most restoring levels of sleep?

SEE: Did you know that light from an ultra-bright digital display can affect your ability to sleep? Blue light from electronic displays produces more energy than any other color of light, adjusting your internal body clock and making it harder to doze off.

SMELL: Did you know scents can trigger emotions and memories? What you breathe while you sleep has a powerful effect on the way you feel when you wake.

TASTE: Have you considered how the things you eat and drink affect your sleep? Wise choices in the evening lead to more restful sleep through the night.

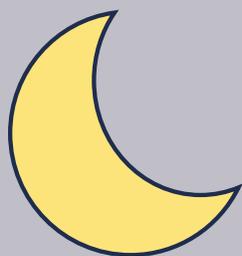
TOUCH: What is the temperature of the room? Do your bed coverings allow your skin to breathe naturally? Is the area properly ventilated?





PRACTICE #6: MY SLEEP HABITS GUIDE

Re-read the questions from the previous page about the effects of your five senses on your ability to sleep well. Create and record below your three new healthy sleep habits.



My new routine:

1. _____

2. _____

3. _____



What do I want?

Considering what you've learned about sleep, ask yourself: What do I want to improve or gain within this area of well-being?

How does the goal listed above align with your values?

CHAPTER 6

SERVING MORE: GAINING THROUGH GIVING



“

IF YOU WOULD BE
HAPPY, RENDER
A KIND SERVICE;
MAKE SOMEBODY
ELSE HAPPY.

—DAVID O. MCKAY



HELPING OTHERS GIVES US PURPOSE

Helping others can help you live longer. Research shows selfless activities can improve health in ways that can add years to your life. Volunteers have an increased ability to manage stress and resist disease. They also enjoy less depression and an increased sense of general satisfaction when they serve on a regular basis. This might be because volunteering alleviates loneliness and enhances our social lives, both of which significantly affect our long-term health. Helping others simply makes us happy.

Altruism is contagious. When one person performs a good deed, it causes a chain reaction. This effect can ripple throughout the community, inspiring dozens of individuals to make a difference.

THAT'S

WHY

Volunteering your time or energy to help others doesn't just make the world better—it makes *you* better.

Studies indicate that the very act of giving boosts our:

- Happiness
- Health
- Sense of well-being



PRACTICE #7: THANK YOU CARDS

Thank You Cards: Write three thank you cards (found in the back of this book) to friends, family, neighbors, a stranger ... anyone. Thank them for a specific act, express gratitude, or just tell them how much you care. Below take time to write three thank you notes to yourself.

.....

• THANK YOU •

.....

THANK
YOU

_____ *thank*

_____ *you*



Kindness starts with you.
Pay it forward.

No act of kindness, no matter how small, is ever wasted.

A pair of hands is shown from the bottom, cupping a small, vibrant green seedling with several leaves and a small amount of brown soil. The background is a soft, out-of-focus green and yellow. A large, semi-transparent circular graphic is overlaid on the right side of the image, containing the text.

THE MEASURE OF A
MAN'S GREATNESS
IS NOT THE NUMBER
OF SERVANTS HE HAS,
BUT THE NUMBER OF PEOPLE
HE SERVES





PRACTICE #8: KINDNESS TO SELF OR COMMUNITY SERVICE

Perform an act of kindness either for yourself or for another. A kindness to self might be to eat mindfully, make time for yourself, watch your inner self critic, ask for help, or walk tall. A kindness to others might be to give a compliment, volunteer your time, volunteer your talents, or offer a smile.

Looking for ways to volunteer?

- Volunteer at an animal shelter
- Promote the love of reading by offering to listen to children read
- Spend time with the elderly
- Help maintain a park or hiking trail
- Help a neighbor

Benefits of service:

- Gain confidence
- Make a difference
- Meet people
- Be part of a community
- Learn new skills
- Take on a challenge
- Have fun!



What do I want?

Considering what you've learned about serving more, ask yourself: What do I want to improve or gain within this area of well-being?

How does the goal listed above align with your values?

CHAPTER 7

TAKING CARE: NURTURING BODY AND SOUL





“

TAKING GOOD
CARE OF YOU
MEANS THE
PEOPLE IN YOUR
LIFE WILL RECEIVE
THE BEST YOU,
RATHER THAN
WHAT'S LEFT
OF YOU.

—CARL BRYAN



YOU CANNOT DRINK FROM AN EMPTY CUP

Do you ever find yourself so busy taking care of everyone else that you fail to take care of yourself? In today's world, it's hard to find time to do all we need (and want!) to do, so making time to properly care for yourself presents a challenge.

Self-care can't be saved up and done all at once. If you want to stick around for the long haul, establishing small and simple habits can ensure you're always at your best—emotionally, physically, and mentally.

If you don't already have a regular routine for self-care, the best way to get started is to approach it like anything else—one step at a time. Here are a few ideas to help you decide where to begin.

THAT'S

WHY

Through active participation in your own self care, you allow yourself to become the best version of you.

Self care builds awareness, connection, gratitude, and love for all of your body and mind. When you love something, you treat it well.

When you treat yourself well, it's easier to maintain balance and more effectively take care of those you love.



PRACTICE #9: ARE YOU USING YOUR PREVENTIVE BENEFITS?

ROUTINE CARE

EXAMINATIONS AND SCREENINGS

1

!

VACCINATIONS AND IMMUNIZATIONS

✓

VIEW DETAILS

Maintaining a healthy lifestyle includes receiving preventive care. Check out this tile after logging in at www.dmba.com. One click brings up a list of personalized preventive screening suggestions, compiled from various national guidelines, reflecting the services you've received—and those for which you're overdue, too! Self care is individual—decide what suits you best.

Examinations and Screenings

(Click the pencil icon to change a service date.)

Service	Age	Suggestion	Your Last Service Date	Status
Physical Exam	30-39	Every 4 years	10/20/2016	
Vision/Glaucoma Exam*	18 and older	Every 2 years	03/23/2015	
Regular Dental Checkup*	18 and older	Every year	05/31/2016	
Pap Test	21-55	Every 3 years	10/20/2016	
Cholesterol Screening	18 and older	Every 5 years	06/24/2016	
Diabetes Screening	18 and older	Every 3 years	06/24/2016	

List preventive services you may have overlooked and want to schedule this year:





PRACTICE #10: ENROLL IN LIVING HEALTHY

In addition to getting your yearly prevention screenings, DMBA also offers the Living Healthy Wellness Program. Make better decisions every day and you're choosing to improve your life for years to come. Plus, you and your spouse can each earn up to \$250 based on your individual participation. The program consists of two parts: a series of wellness challenges (you choose what your goals are!) and a health risk assessment.



Register for the 2017 Living Healthy Program

Register	Participant Name
Registered as of: 5/1/2017	The Rock
<input checked="" type="checkbox"/> Email me wellness registration confirmations and periodic health e-blasts. Add or Update Email Addresses	

For full-time active employees and early retirees (before age 65), you will be eligible to receive a year-end wellness premium refund when you participate in the Living Health program. All you need to do is register at www.dmba.com and choose your challenge goals!

Yes, I'm registered and have selected my goals for the year!

QUICK SELF-CARE FOR THE MIND, BODY & SOUL

Putting it together: this booklet lists a variety of actions you can take for yourself, your children and family to promote and maintain good health and wellbeing throughout your life. Where will you begin?

- Start a compliments file
- Take a different route to work
- Watch the sun rise or set
- Unplug for an hour

- Get out of your comfort zone
- Take three deep breaths
- Stretch out
- Go for a walk

- Make one small change to your diet
- Have a good laugh
- Help someone
- Splurge a little
- Spend your time carefully today
- Ask for help



Resources: www.dmba.com



PRACTICE #11: MY PERSONAL SELF-CARE PLAN

Implement tiny self-care habits every day to show yourself a little more attention and express a little bit more love for your body, mind, and soul.

Considering what you've learned about self-care, ask yourself: What do I want to improve or gain within this area of well-being?

MAKE EVERY DAY COUNT

I can exercise my body	I can eat healthy foods	I can relax my body and mind	I can get more rest
<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>

LIFE IS A GIFT AND SO ARE YOU

Important people I trust	I can be a good friend	My hopes and dreams	I can make myself happy
<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>



What do I want?

How do the goals listed above align with your values?



PRACTICE #1 YOUR VALUE CARDS

This activity can be helpful when thinking about making changes. It's a way to identify things that are really important to you and learn a bit about yourself.

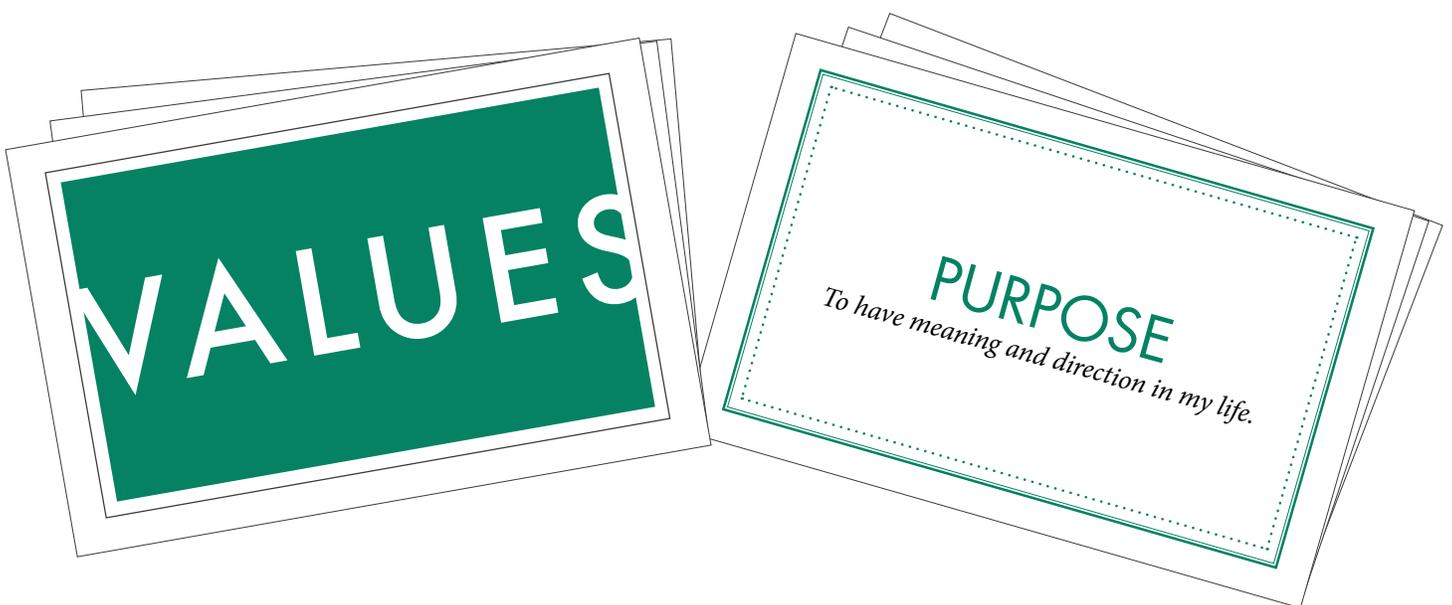
STEP 1: Think about what is important to you right now, and identify an area you would like to improve upon. It may be fostering close relationships, making more money, finding happiness, or any other goal you may identify. Remember this goal, and we'll come back to it later.

STEP 2: Sort the cards into three different categories: less important, important, and very important. You can define the values however you want, but sort according to the way you feel today. There are no right or wrong answers, so try to avoid judging yourself. You will not be asked to share this with anyone.

STEP 3: Focus on the "very important" category, and narrow it down again, following the instructions in Step 2. Continue to narrow down the "very important" category until you are down to your top five values. It can be challenging to narrow it down to only five, but do the best you can, and use the feelings you have about things today. You don't need to rank the five you choose.

STEP 4: Reflect. Consider the following questions in relation to the top five values you chose today:

- What connection, if any, do you see between your goal (identified in step 1) and the values you have identified as very important? If your goal doesn't seem to fit your top values right now, it might be time to focus on something that does fit, decide to address this goal later, or think about the connection over the next few days (sometimes it is not apparent right away).
- How do you feel you are doing with your top five values? Some may be true for you right now, and some may be things you're working on.
- What might you have chosen when you were a teenager? What might you find most important after you retire? Your perspective may change or stay the same as you mature.





VALUES

IMPORTANT
TO ME

VALUES

VERY IMPORTANT
TO ME

VALUES

LESS IMPORTANT
TO ME

VALUES

ACCEPTANCE
To be accepted as I am





VALUES

ACCURACY
To be accurate in my opinions and beliefs

VALUES

ACHIEVEMENT
To have important accomplishments

VALUES

ADVENTURE
To have new and exciting experiences

VALUES

ATTRACTIVENESS
To be physically attractive





VALUES

AUTHORITY
To be in charge of and responsible for others

VALUES

AUTONOMY
To be self-determined and independent

VALUES

BEAUTY
To appreciate beauty around me

VALUES

CARING
To take care of others





VALUES

COMFORT
To have a pleasant and comfortable life

VALUES

COMMITMENT
To make enduring, meaningful commitments

VALUES

COMPASSION
To feel and act on concern for others

VALUES

COMPLEXITY
To have a life full of variety and change





VALUES

CONTRIBUTION
To make a lasting contribution in the world

VALUES

COURTESY
To be considerate and polite toward others

VALUES

CREATIVITY
To have new and original ideas

VALUES

DEPENDABILITY
To be reliable and trustworthy





VALUES

DUTY
To carry out my duties and obligations

VALUES

ECOLOGY
To live in harmony with the environment

VALUES

FAITHFULNESS
To be loyal and true in relationships

VALUES

FAME
To be known and recognized





VALUES

FAMILY
To have a happy, loving family

VALUES

FLEXIBILITY
To adjust to new circumstances easily

VALUES

FUN
To play and have fun

VALUES

GENEROSITY
To give what I have to others





VALUES

GENUINENESS
To act in a manner that is true to who I am

VALUES

GOD'S WILL
To seek and obey the will of God

VALUES

GROWTH
To keep changing and growing

VALUES

HEALTH
To be physically well and healthy





VALUES

HELPFULNESS
To be helpful to others

VALUES

HONESTY
To be honest and truthful

VALUES

HOPE
To maintain a positive and optimistic outlook

VALUES

HUMILITY
To be modest and unassuming





VALUES

HUMOR
To see the humorous side of myself and the world

VALUES

INDEPENDENCE
To be free from dependence on others

VALUES

INDUSTRY
To work hard and well at my life tasks

VALUES

INNER PEACE
To experience personal peace





VALUES

INTIMACY
To share my innermost experiences with others

VALUES

JUSTICE
To promote fair and equal treatment for all

VALUES

KNOWLEDGE
To learn and contribute valuable knowledge

VALUES

LEISURE
To take time to relax and enjoy





VALUES

LOGIC
To live rationally and sensibly

VALUES

LOVED
To be loved by those close to me

VALUES

LOVING
To give love to others

VALUES

MASTERY
To be competent in my everyday activities





VALUES

MODERATION
To avoid excesses and find a middle ground

VALUES

MONOGAMY
To have one close, loving relationship

VALUES

ORDER
To have a life that is well-ordered and organized

VALUES

PLEASURE
To feel good





VALUES

POPULARITY
To be well-liked by many people

VALUES

POWER
To have control over others

VALUES

PURPOSE
To have meaning and direction in my life

VALUES

REALISM
To see and act realistically and practically





VALUES

RESPONSIBILITY
To make and carry out responsible decisions

VALUES

RISK
To take risks and chances

VALUES

ROMANCE
To have intense, exciting love in my life

VALUES

SAFETY
To be safe and secure





VALUES

SELF-CONTROL
To be disciplined in my own actions

VALUES

SELF-ACCEPTANCE
To accept myself as I am

VALUES

SELF-KNOWLEDGE
To have a deep and honest understanding of myself

VALUES

SERVICE
To be of service to others





VALUES

SIMPLICITY
To life live simply, with minimal needs

VALUES

SPIRITUALITY
To grow and mature spiritually

VALUES

STABILITY
To have a life that stays fairly consistent

VALUES

STRENGTH
To be physically fit and strong





VALUES

TOLERANCE
To accept and respect those who differ from me

VALUES

TRADITION
To follow respected patterns of the past

VALUES

VIRTUE
To live a morally pure and excellent life

VALUES

WEALTH
To have plenty of money





PRACTICE #7: THANK YOU CARDS

Write three thank you cards and give them to friends, family, neighbors, a stranger ... anyone.



Cut out

.....

• THANK YOU •

.....



Cut out

thank
you



Cut out

THANK YOU





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