What else can you do to grow and keep your Physical Wellness?
Write them down here:

○ ______________________________________
○ ______________________________________
○ ______________________________________
○ ______________________________________
○ ______________________________________

Take three of these brochures:
1. Keep one
2. Give one away
3. Leave one somewhere for someone else (like in a waiting room or office)

REMEMBER: Talk about the Physical Dimension of Wellness at your Local Collaborative/club/meeting/group/family gathering

For more information about the Behavioral Health Planning Council:
http://www.bhc.state.nm.us/BHPC/BHPC.html

NM Behavioral Health Planning Council
Adult/Substance Use Sub-Committee

Physical Wellness:
Our Lived Experiences
How we do it, and you can do it too!
◊ Exercise: walking doesn’t cost anything; find your local swimming pool; look for gym vouchers; try yoga
◊ Dance – dance with others, dance with a Wii or Xbox; dance with your grandchildren to Singing Wire
◊ Join community dances and community walks
◊ Go to the water – walk there; fish
◊ Elderly people can do Tai Chi and low impact exercises, even together in the park
◊ Learn about balance exercises; look on nia.nih.gov
◊ Drink water; drink water; drink water
◊ Check with your doctor/nurse practitioner about taking vitamins or herbal preparations that might help depression or anxiety
◊ Learn about nutrition and eat healthy foods: complex not simple carbs, eat breakfast, avoid genetically modified foods, eat consciously
◊ Grow your own food
◊ Set up Nutrition Days (they are as important as Med Management days)
◊ Read a book on Nutrition
◊ Find out if your Farmer’s Market accepts food stamps
◊ Go to football and baseball games – cheer and socialize
◊ Find exercise that also involves you with others, like swimming at a local pool
◊ Avoid place where people are smoking; Find a way to stop smoking
◊ Have your regular exams, physical, dental, vision, hearing
◊ Visit a curandero or have a massage or participate in a sweat lodge
◊ Focus your attention on another dimension, e.g. spiritual, as you move
◊ Meditate
◊ Pay attention to your body – are your shoulders up at your ears
◊ Take your meds at the same time each day

◊ Join a Senior Center and use their exercise facilities
◊ Look in the paper or on the web for what physical activities are available in your community each week
◊ Go to bed at the same time each evening; set up other routines for physical self care
◊ Sex improves your physical well being too
◊ Substitute cabbage for noodles
◊ Be with Mother Earth
◊ Put positive music on an iPod and walk with it
◊ Look in the paper or on the web for what physical activities are available in your community each week
◊ Go to bed at the same time each evening; set up other routines for physical self care
◊ Take your meds at the same time each day
◊ Join a Senior Center and use their exercise facilities
◊ Set up a Wii Bowling Tournament
◊ Use different breathing techniques, e.g. Inhale for 4 and Exhale for 8 counts
◊ Find an outdoor labyrinth and walk it
◊ Park your car further away from your destination and walk
◊ Healthy thinking affects your body too
◊ Partner with someone else to lose weight or gain weight/remember to eat
◊ Move your weight
◊ Grow 11 varieties of tomatoes
◊ Be active with friends
◊ Find a warm, safe, affordable place to live; Give and receive human warmth
◊ Do Service; help someone else