

**Living Your Best Life**

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**CARE Patrol**  
Your Partner in Senior Care Solutions

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**CARE Patrol**  
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**Introductions**

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**Living Your Best Life**

What does living your best life mean?  
Do you feel like you are living your best life today?  
What can help us live a happier, healthier and longer Life?

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**Living your Best Life  
with the  
help of the Wellness Wheel**



A "Wellness Wheel", is a tool and a visual guide that helps assess all aspects of our wellness. When we think of healthy living we most often think about the nutrition and exercise aspects of it but there is so much more.

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**History of the Wellness Wheel**



In 1976 Dr. Bill Hettler co-founded the National Wellness Institute. It was based on the principle that humans could live better, healthier lives if they paid attention to balance and awareness in various areas of their lives. This led to Dr. Hettler creating a model known as the 'Six Dimensions of Wellness' –

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**Six Dimensions of Optimum Life**



Purposeful  
Emotional  
Physical  
Social  
Spiritual  
Intellectual

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**Lets make a Wellness Wheel**

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**Purposeful**

What gives us purpose/stages of life?  
 What gives us purpose today?  
 Charles story  
 How do we find our purpose?  
 Gifts  
 Talents  
 Daily activities

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**Emotional**

Happiness helps our health.  
 Creates chemical messengers-**Endorphins**-  
 alleviates pain, reduce stress. **Serotonin**-  
 stabilizes mood and helps with sleep. Helps in  
 regulating blood pressure.

Benefits in adding a **Smile** and **laughter**.  
 Increases mood enhancing hormones while  
 decreasing stress,boosts immunity,while  
 increasing blood flow to the brain  
 Contagious and a gift.  
 Examples: Starbucks, Kwik Trip

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### Physical

Stay Hydrated /An average percent of water in a person's body is 60%.

Healthy food choices: The Mediterranean diet/heart health.

Keep moving!

Stretch and Weights/helps with balance, agility,and flexibility - Fall Prevention

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### Social

How did you feel when you had to isolate with the COVID pandemic?

Socializing not only prevents feelings of loneliness, but also helps with memory and cognitive skills. How do you feel after a day of being busy, engaging being a part of something?

Staying social increases your sense of happiness and well-being.

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### Spiritual

What are you thankful for?

What is important in your life?  
Ex: Gratitude Journal

Appreciate the little things  
Father James Behrens Book

Give yourself some solitude  
Breathing Exercises

Love yourself

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**Intellectual**

Boosting brain power

Active aging involves more than moving your body. It involves moving your brain. Studies show that exercising your brain daily can be critical to reducing your risk of dementia.

TRY

A new hobby, new language, games.  
Break your routine- different route to the grocery store, sleep, take a class.

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