

LiveWell Reminders

Thank you for completing Beach Cities Health District's LiveWell Pledge. Check the pledge items you will do and take this home as a reminder. Learn how each evidence-informed action can benefit your total well-being.



BODY

Sleep • Physical Activity • Nutrition •
Less Substance Use

- ❑ **Establish a routine to be more rested.**
Getting enough sleep can lower your risk for diabetes and heart disease, and reduce stress.
- ❑ **Walk, bike or roll for short trips or errands.**
Walking improves self-esteem, mood and sleep quality, and reduces stress, anxiety and fatigue. Nearly half of trips are three miles or shorter.
- ❑ **Eat at least one plant-based meal a day.**
Plant-based meals are high in fiber and phytonutrients and can lower your risk for diabetes and heart disease.
- ❑ **Eat mindfully by appreciating each bite.**
Mindful eating allows your body to catch up to your brain to help you stop eating when your stomach is full.
- ❑ **Periodically choose to be substance-free at social gatherings.**
Research shows that those who gave up alcohol for one month reported higher energy levels, healthier body weight and felt less need to drink alcohol, even several months later.
- ❑ **Designate my vehicle and home as smoke-free zones.**
Completely eliminating smoking in indoor spaces is the only way you can fully protect non-smokers from secondhand smoke.



MIND

Mindfulness • Gratitude • Kindness •
Purpose

- ❑ **Practice mindfulness every day.**
Practicing mindfulness helps you more effectively deal with everyday tasks because you are aware, observant, nonreactive and nonjudgmental.
- ❑ **Take screen-free breaks every day.**
Taking a break from electronics can help improve your sleep, deepen your connections and increase your productivity.
- ❑ **Express appreciation and gratitude to others every day.**
Gratitude helps you feel more positive emotions, relish good experiences, deal with adversity and build strong relationships.
- ❑ **Perform five acts of kindness in one day.**
Kindness and empathy spark the release of feel-good oxytocin in the brain of everyone involved, including observers. It's easier to savor the experience when performing five acts in one day compared to spread out over a week.
- ❑ **Live with a personal sense of purpose.**
Those who live with purpose live on average seven years longer and have improved relationships and resiliency.
- ❑ **Relax and rejuvenate by doing activities and hobbies that I love.**
Participating in hobbies helps you feel engaged and calm – plus losing track of time is a blissful immersion called “flow”.
- ❑ **Acknowledge progress toward my goals for a sense of accomplishment.**
Accomplishment, a core element of overall well-being, supports feelings of life satisfaction.



COMMUNITY

Social Connection • Compassion •
Volunteer • Environment

- ❑ **Model behavior that shows respect and compassion for others**
Positively influence your community by being aware of how you listen and chose to respond to others – practice civility.
- ❑ **Prioritize meaningful and positive relationships.**
Relationships can encourage you to embrace and pursue opportunities that enhance well-being, broaden and build resources and foster a sense of purpose and meaning in life.
- ❑ **Reach out to someone for support.**
Allowing others to show they care for us is as important as providing care for someone in need. Accepting care is an act of compassion to yourself and others.
- ❑ **Establish a mentor-mentee relationship focused on personal growth.**
Mentoring builds greater resiliency through support to navigate challenges, meaningful actions toward goal achievement and prioritizing self-care.
- ❑ **Practice wellness activities with my friends, family and colleagues.**
Accountability buddies can create conditions that foster personal commitment.
- ❑ **Support my community as a volunteer.**
Volunteering can lead to greater life satisfaction, lower rates of depression, and foster social connections and a sense of accomplishment.
- ❑ **Spend quality time in nature weekly.**
Being in nature increases productivity, improves short-term memory and reduces stress.