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# HOW TO BE WELL

With so much information out there, the world of wellness can feel overwhelming and even a bit confusing—but it doesn't have to be. Wellness is simply about making choices that are good for your mind, body, and emotions. Let's explore the key parts of wellness and learn how we can make better choices together.

# WHAT MAKES UP WELLNESS?

Before we dive into the details, let's start with the basics of wellness:



## Physical health

Feeling good in your body, so you can do things you enjoy



## Mental health

Having clarity in your mind and control of your thoughts



## Emotional health

Understanding and managing your feelings, so you can stay balanced

## Wellness

The combination of all of the above building blocks. When you nurture each part of your health, you create a sense of balance that helps you thrive. Wellness looks different for everyone, and that's okay.



## Wellness takes a team

This resource is here to support you, but it's not a replacement for professional medical advice. For more personalized support, ask a healthcare provider to help you build a wellness plan. Here are some different types of healthcare providers you may encounter on your wellness journey:

**General care providers:** Offer overall health guidance and can connect you with specialists. This category includes your primary care provider (PCP), who is your main point of contact for general health concerns

**Specialists:** Focus on specific areas of the body, diagnosing and treating disease and chronic conditions

**Therapists, counselors, psychologists:** Experts who treat mental health conditions through therapy and tests

**Psychiatrists:** Doctors who treat mental health conditions and can prescribe medicine

**Pharmacists:** Help you use medicines safely and answer your questions

**Social workers:** Connect you to resources and support for emotional and practical needs

We're here to support your wellness journey



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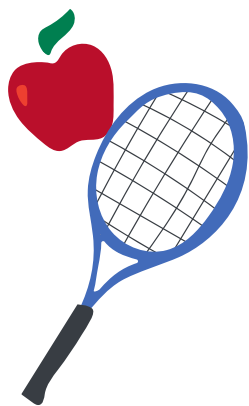
This information is for general wellness only and is not medical advice. Always talk to a healthcare provider for medical help. The advice of your provider should always supersede this information.



## SUPPORTING YOUR PHYSICAL HEALTH

To help your body feel its best, the Centers for Disease Control and Prevention (CDC) and American Heart Association (AHA) recommend...

**Nutrition:** Drink plenty of water and aim to eat well-balanced meals that meet your nutritional needs. Nutrition is different for everyone, but fresh fruits and vegetables are always a good idea



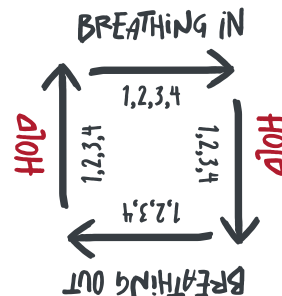
**Exercise:** Try different types of exercise until you find ones you enjoy, and then be intentional about scheduling them throughout the week. Every day, find ways to move around to break up long periods of sitting or standing. When you can, practice flexibility exercises to reduce stiffness

**Sleep:** Set sleep goals and try to achieve them; the average adult needs 7 to 9 hours of sleep every night. Create a calming bedtime routine and avoid using electronics 30 minutes before bedtime so that your body knows when it's time to rest

**Proactive care:** Regular checkups with your PCP can give you the knowledge you need to make the best choices for your body

### Take a breath

Breathing can be a useful tool for our bodies and our minds. The Cleveland Clinic recommends the box breathing technique to help calm your nervous system—it may help you feel relaxed, centered, and focused.



### Let's check in!

Type or write in the boxes to reflect on your physical health.

What's a healthy choice I can make for my body today?

How do I feel after drinking water or moving my body?

When is my next checkup with my PCP or specialist?



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# SUPPORTING YOUR MENTAL HEALTH

Nurturing mental health is all about finding tools and routines that keep you grounded. To support a healthy mind, the Mayo Clinic recommends...



## Mindfulness

Stay engaged with the present by tuning into your 5 senses. Notice what you see, hear, feel, taste, and smell around you

## Managing stress

Find activities that help you unwind, like journaling, listening to music, or getting outside. Sticking to a daily routine can also provide structure and a sense of calm to your day

## Staying connected

Talk to friends or family when you're feeling low, and nurture close relationships. Sometimes just being with someone can make a big difference

## Expressing yourself

Write, doodle, sing, or dance. Whatever you're feeling, don't bottle it up. You don't have to be a "creative person" to feel the benefits of expression



## Remember, your mind and body are connected

When you feel stressed or sad, it's common for your body to feel tired or sick. And likewise, being tired or sick can bring down your mood. Taking care of both your mind and body could help you feel better all around.

## Mental health versus mental illness

Everyone has mental health struggles and good and bad days. However, mental illness includes specific mental health conditions that persistently affect mood, thinking, and behavior. Common mental health conditions like depression, anxiety disorders, bipolar disorder, and post-traumatic stress disorder (PTSD) can disrupt your daily life. If you're not feeling well, consider [taking a free screening](#) from Mental Health America and speaking with a mental health provider.

# A WEEK OF MENTAL HEALTH

Consider taking one step for mental health each day, then type or write about how it makes you feel.



## Sunday

When you wake up, jot down a word that describes your mood before looking at your phone. Then, add a sentence about what might be causing it.

## Monday

Carve out 5 minutes to do something relaxing—stretching, listening to music, or simply breathing deeply. How do you feel afterward?

## Tuesday

List the names of a few people you can connect with in a big or small way this week, such as a friend, family member, or coworker.

## Wednesday

Take a moment to write down a positive affirmation about yourself, like “I am resilient” or “I bring joy to others.” Reflect on how this makes you feel.

## Thursday

Think about a daily habit that brings you comfort, like reading with your morning coffee, taking stretch breaks, or enjoying an evening walk, and add more of it into your routine.

## Friday

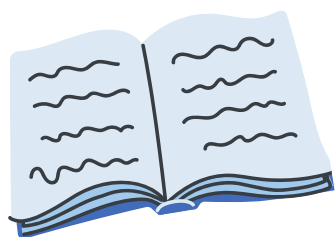
Write down one thing you’re grateful for that helped you through a recent tough moment. Reflect on how it made a difference.

## Saturday

Choose one small act of self-care to do today—whether it’s resting, reading, or doing something just for fun. How does it feel to give yourself a gift that’s good for you?

# SUPPORTING YOUR EMOTIONAL HEALTH

Supporting your emotional health means embracing your feelings and working to understand them. Harvard Health recommends that you...



**Name your feelings:** Notice how you feel and give it a name—like happy, sad, angry, or scared

**Accept emotions:** Know that it's okay to feel what you feel. All emotions are valid and are part of being human

**Let it out:** Write down your feelings or talk about them with someone you trust. Working through our feelings may help us know ourselves better

**Practice gratitude:** Take a moment each day to think about or write down things you're grateful for

**Be kind to yourself:** Treat yourself with the same care and understanding you would offer a good friend










## Gratitude in action

Big or small, type or write down 3 things you're thankful for and notice if it changes your mood or perspective.

# HOW ARE YOU FEELING?

Emotions can be complicated! It's okay if you can't put a finger on exactly how you're feeling, but hopefully this tool can help. If your current emotion matches one of the emotions below, consider using these approaches to help process it.



	<b>Fearful</b>	Anxious Insecure Overwhelmed	Say one supportive thought out loud, like "I am safe right now"
	<b>Angry</b>	Bitter Frustrated Jealous	Go for a quick walk or do a few stretches to release built-up energy
	<b>Happy</b>	Playful Content Inspired	Close your eyes, savor the feeling, and then capture it in a photo or journal entry
	<b>Surprised</b>	Confused Excited Startled	Take the time you need to process this new development
	<b>Sad</b>	Lonely Disappointed Ashamed	Listen to comforting music or reach out to a friend, family member, or pet for some comforting connection
	<b>Bad</b>	Bored Stressed Unfocused	Take a few slow, deep breaths and identify one small thing you can do that would make you feel a bit better
	<b>Disgusted</b>	Judgmental Embarrassed Uncertain	Take a step back from the situation or thought and refocus on something that brings you peace

# WELLNESS in ACTION



Now that you understand the building blocks of wellness, it's time to consider how to make wellness a habit. The next few pages give you the space to reflect on your wellness routine, acknowledge what's working, and figure out where you might need to make changes.

## Daily check-ins

When it comes to wellness, listening to yourself can make all the difference. Here are some questions you can ask yourself to help make choices that support your well-being:



**How am I feeling today?** Take a moment to notice your physical, mental, and emotional state

**What do I need right now?** Whether it's rest, connection, movement, or something else—listen to what your body and mind are asking for

**What can I do to take care of myself today?** Think about small actions that can make a big difference, like listening to calming music, taking a walk, or calling a friend

## Look back at the last few weeks

Reflecting on your wellness can help you recognize patterns, celebrate your progress, and find areas that may need a little more care.

How have you been feeling over the last few weeks?

What have you done recently for your health that you're proud of? How can you incorporate that into your routine more regularly?

Are there any areas of your overall wellness that may need more attention (eg, physical, mental, emotional)?

What steps could you take to feel more fulfilled in this area?



# DO WELLNESS TOGETHER



An important part of your wellness journey is involving the people who care about you. The National Alliance on Mental Illness (NAMI) recommends that you...

**Be honest:** Be open about how you're really feeling, even if it feels vulnerable. When your loved ones understand your challenges, they can offer the empathy and support you need most

**Be clear:** When you understand your needs and share them clearly with others, you may be able to build a strong support network on your wellness journey

**Be there for them, too:** Extend your support back to your loved ones. Helping others can reduce your stress and strengthen your relationships too

## CAREGIVER CORNER – Read this if you care for a loved one

Helping someone else on their wellness journey can be a big job. Here are some tips to consider.

**Nurture your wellness:** Prioritizing your own health gives you the energy and resilience to support your loved one more fully

**Set goals:** Decide what you want to accomplish, then break it down into smaller steps. Create a simple action plan, and take it one step at a time

**Ask for help:** Lean on friends, family, and local resources, and don't wait until you're overwhelmed. Remember that asking for help is a sign of strength



## Help is out there

Your healthcare provider is a key partner in your wellness journey. Start by sharing your needs and concerns with them, and explore these additional resources for support:

**Otsuka Patient Support Helpful Resources:** Find resources for specific health conditions, telehealth resources, and links to social assistance and support programs

**Mental Health America:** Find free mental health screening tools, educational tools, and more

**National Institutes of Health Wellness Toolkits:** Find guidance as you work toward your "healthiest self"

**988 Lifeline:** If you need to talk, you can call or text 988 to connect with caring counselors. You can also use the chat platform on their website: [988lifeline.org](https://988lifeline.org)

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# EXPRESS YOURSELF

Take this blank space and make it your own. You can reflect on your wellness journey, do some freewriting, or even get something off your chest. There are no rules when it comes to self-expression!



Discover our commitment to health for every mind

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