

LESS STRESS, BETTER HEALTH AND MORE LOVE

SEE HOW THREE GENERATIONS CAN
HELP EACH OTHER



DR. TOM DELOUGHRY



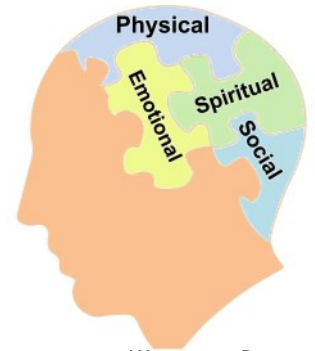
SOCIAL IMPACT AWARD

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CHOOSE YOUR GOALS

FOR NEXT MONTH? ...NEXT YEAR? ...OR THE NEXT CHAPTER OF YOUR LIFE?

What if four *satisfaction skills* (awareness, appreciation, assertiveness, acceptance) could help you to reduce your stress? ...or even stop it for a minute, an hour or days at a time?



EACH PIECE OF THE WELLNESS PUZZLE CAN HELP OR HARM THE OTHER PIECES

What if you thought of *love* as “a oneness *or* connectedness with others and the world?” that is always just a thought away? ...And using four *Satisfaction Skills* (p.6) could help you to have more of it with family and friends

What if a simple poem could help you solve each piece of your Wellness Puzzle, work more closely with your doctor (p. 4), and find ALL the help that is available (p.18) for yourself and your loved ones?

What if you saw that *love can* heal, but the best and most lasting effect was peace and joy - not physical change? ...And, if spirituality is important to you, the *Satisfaction Skills* also helped you pray?

Those are the questions and opportunities we'll explore in this workbook, the workshops and the related books (*Caregiver Stories and Stress Solutions* and *The Friendship Trilogy*). Invite your family, friends, neighbors and co-workers to learn with you and support each other. And remember, **the best way to help someone** else is to *first* improve YOUR own health and happiness!

CHOOSE YOUR GOALS

What are your most important goals?

Reduce stress? ...Feel closer to friends and family?

...More peace of mind? ...Avoid addiction? ...Better physical health?

...Feeling loved? Respecting yourself and others? ...Forgiving yourself and others?



...Draw pictures of it

....Tell someone about it

....Write stories about it

...Sing songs about it

AND MAKE PLANS TO LIVE IT!

CHOOSE YOUR GOALS ...AND RECRUIT YOUR CARING TEAM!

Think about each topic. Then, check the goals that are important to you—and your family or friends.

<i>Do you want to...</i>	<i>YOU</i>	FRIENDS AND FAMILY YOU CAN ENCOURAGE WRITE THEIR INITIALS HERE		
Have less stress? ...And more peace or happiness? (pp. 5-9)				
Control illness, feel better, and live longer? (pp. 4, 15-18)				
Have less fear, anger, guilt, depression and “stupid vision”? (pp. 5-9)				
Forgive yourself or others? (p. 8)				
Feel better by helping others? (p. 9)				
Plan a “final chapter” to celebrate love and respect wishes? (pp. 10-11)				
Stop elder abuse, sexual abuse, child abuse and bullying? (pp. 12-13)				
Be respected? (p. 14)				
Avoid hospitalizations and emergency room visits? (p. 14)				

Your Most Important Goals?

Take another look at the suggestions on page 2, plus the topics you've checked above. Then, write down one or two goals that are the most important to you.



Now, read through the topics list again, and think about your friends and family.

Who else might benefit? A neighbor? Spouse? Brother? Daughter? Teen-age grandson? **Write his or her initials after each topic.**

Here's what you might say when you “recruit” one of them:

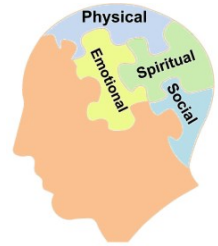
- “I’m going to try a new program to [describe your important goals] *Could you encourage me to stick with my plan?*”
- *Maybe we could work on some goals together?*

THE LEARNING POEM

*Choose your goals and check your signs.
Take some steps and learn each time.*

CAN HELP YOU

IMPROVE EACH PART OF YOUR WELLNESS PUZZLE



“You know, I think we’ve got two issues going here,” said Bernice. “There’re the medical problems. God knows we’ve each got enough of those. And then - ever since we both got sick - there’s been all this bickering.”

She paused, meeting his eye. “Joe, we never used to be like this.”

“So then we need two plans?” Cindy said, looking hopefully at her mother. “One to keep you out of the hospital? And another to keep your love going?”

EXCERPT FROM: [YES YOU DO! IN CAREGIVER STORIES AND STRESS SOLUTIONS](#)

Choose Your Goals



LOVE • PEACE OF MIND • HEALTH
INDEPENDENCE • HAPPINESS

A Learning Poem for Any Problem

This story shows that a plan to “keep your love going” can be as important as a plan that focuses on medical issues.

You can help yourself or someone else to deal with any emotional or spiritual problem by following this little “learning poem.”

*Choose your goals and check your signs.
Take some steps and learn each time.*

This poem is both:

- a *stress management* plan that can increase the joy in your life, and
- a *disease management* plan you can discuss with your doctor

For example, to control diabetes or high blood pressure, you measure medical signs (i.e., blood pressure, blood glucose) instead of signs of stress (i.e., alarm response, snooze response and threat thoughts)

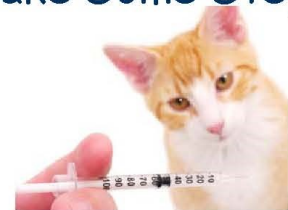
But the process, outlined by the poem, is always the same whether you are dealing with a physical, emotional, social or spiritual issue. **Use the summary on the back cover as a guide whenever you or a loved one is facing a serious problem.**

...and Check Your Signs.



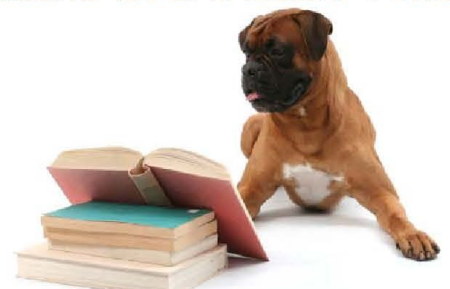
STRESS • SATISFACTION • DEPRESSION
BLOOD PRESSURE • WEIGHT • CHOLESTEROL
ABILITIES FOR ACTIVITIES • DRUG OR ALCOHOL USE

Take Some Steps



MEDICATION • THERAPY • SELF-HELP
EXERCISE • EAT WELL • GET SUPPORT
USE THE “SATISFACTION SKILLS”:
BE AWARE • AFFIRM • ASSERT • ACCEPT

...and Learn Each Time.



RE-CHECK YOUR “SIGNS” TO LEARN WHAT WORKS FOR YOU

CHECK YOUR SIGNS

You can use the “Learning Poem” to track signs (e.g., blood pressure) for any type of wellness.

If you begin by tracking your signs of stress, your “Learning Plan” (see p 15) can help you see if the *Satisfaction Skills* are helping you within a few days or weeks. For example, you might “learn” that your signs of stress happen less often, are less intense, and stop more quickly.

Typical *signs of stress* include:

- **The alarm response**
 - Tight muscles, rapid heartrate, fast breathing, fear, anger
- **The snooze response**
 - Tired muscles, low energy, sighing, depression
- **“Stupid vision” and Threat Thoughts**
 - Our feelings influence the facts we see.
 - Thus, whenever we are stressed, we’re likely to just see just the ‘bad’ about ourselves and others. *And, if you just see the bad, you’re likely to make a bad decision*, increasing your stress.
 - Of course, if you are being attacked or abused, you should do something about the threats. But most often “*stupid vision*” (seeing just the bad instead of the good) and “*threat thoughts*” (worrying too much about problems) does you more harm than good.



WRITE YOUR SIGNS OF STRESS BE SPECIFIC (HOW STRONG? HOW OFTEN?)		
Alarm Response	Snooze Response	Stupid Vision & Threat Thoughts
<i>Very tight shoulders for 90 minutes</i>	<i>Very low energy + sad all afternoon</i>	<i>“I’m a jerk.” “He’s no good.”</i>
WRITE THE MEDICAL SIGNS (for example, blood pressure, blood glucose, breathlessness) YOUR DOCTOR WANTS YOU TO TRACK. (Enter them in the “My Learning Plan” on page 15)		

Take Some Steps

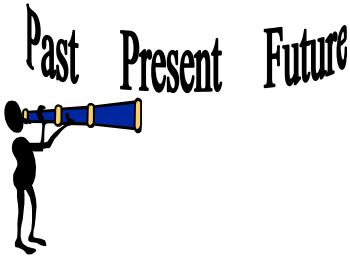
Use the Satisfaction Skills

to communicate, reduce stress and feel more love



Awareness or **mindfulness** is the choice to focus on what's most helpful, such as

- *The present moment*, instead of a troubled past or a fearful future
- *Someone else's perspective*, rather than just your point of view
- Focusing your attention on your breath or a peaceful thought
- The spiritual, physical, emotional or social aspect of a situation



Most of us *stay* stressed because our mind is "stuck" focusing on something that happened in the past, or anticipating something that might happen in the future.

Yet, our minds are like searchlights. You *can* choose to focus on the past,

Appreciations or affirmations are compliments like: "Thank you" or "Good job"

- Affirmations are positive statements or compliments like: "You're doing well" "Thank you," "I'm trying my best," "I could see peace instead of this."
- Turn your fist into an open hand by counting five things you're grateful for.



Assertiveness is the skill of saying what you think, how you feel and what you want.

- *Assertive statements* usually begin with "I am..", "I want...", "I feel...")
 - This can start a positive conversation so you understand each other
- *Aggressive statements* usually start with: "You are...", "You should...".
 - This can start arguments where you blame each other.



Acceptance doesn't mean giving up. Instead, acceptance, as taught in this booklet, means letting go of your anger, fear or guilt.

Both acceptance and forgiveness rely on other skills, and is a mix of:

- *Being aware* you've done your best (if not, try at least once more)
- *Affirming* the efforts that others may have put into solving the situation
- Sharing or *asserting* your wants, needs, feelings and concerns with someone else

Take Some Steps

Enhance Your Spirituality

Spirituality isn't important to everyone. However, if it is to you, try using the *Satisfaction Skills* as prayer skills:

- *Awareness* can open your mind to the blessings, love and goodness that surrounds you now.
- *Appreciate* -- praise and thanks for the wonders of life -- are an uplifting and common form of prayer.
- *Assertiveness* can be used to prayerfully describe your needs and feelings, and call on your spiritual strengths like love, wisdom and zeal
- *Acceptance* helps us recognize that we do not have the wisdom to predict the future or to understand God's will (e.g., as expressed in prayers like: "Thy will be done"). It helps us to trust.



Sixty Seconds of Satisfaction

Here's a quick and easy way to use the *Satisfaction Skills* whenever you're stressed.

Practice whenever you're driving, waiting on line or doing chores.

Aim for five times a day.

- Focus your **Awareness** on the sensation of taking two deep breaths
 - If you'd like, imagine you're breathing in a sense of peace, and breathing out tension
- **Appreciate** two things you are grateful for during your next two breaths
 - For example: a friend, a sunny day, music, your health . On the outbreath think, thank you."
- **Assert** your intention to improve your life by remembering a goal (p. 2-3) for the next breaths
 - For example: "I want a life of love"; "I want less stress"; "I want to be happier"
- **Accept** Think: "It is what it is," "Your will be done" or listen to your inner wisdom for two breaths

How will you practice the skills you need to improve?

What I'll do	How often I'll do it
Awareness	
Affirmations	
Assertiveness	
Acceptance	

Take Some Steps

Forgiveness is the “medicine” that can cure any negativity, whether it be anger, depression, guilt or stress. These feelings (as discussed on page 5) can blind you to the goodness in your life. But forgiving yourself and others can re-enchant you with the beauty in the world.

Forgiveness is a central message in most faith traditions and a key focus of psychology.

But *how* do we forgive ourselves and others?

The four *Satisfaction Skills* can infuse forgiveness into your thoughts and actions. *Start by using them to forgive yourself.*

Awareness - Rather than dwell on past mistakes and heartbreaks, use awareness to focus on the present moment. Meditation (as presented in our program) can help you to be aware of the goodness that surrounds us now, replacing angry and guilty thoughts with peace.

Affirmations - Think about the positive and the good in you, in others and in God’s creation. Or silently repeat a positive affirmation such as, “I forgive, and live in the joy of each day.” Be grateful for your gifts and blessings.

Assertiveness - Tell friends, family and God about your hopes, goals and feelings. (Try to stick with “I feel... and I want... statements, rather than saying “You are... or you should...”). Apologize and/or seek justice as necessary.

Acceptance - Forgiveness and acceptance happens after we make an effort to be aware, affirm and be assertive in our thoughts, actions and prayers.

To get better at forgiveness, you need to keep practicing it. Use the worksheet below to develop your forgiveness plan.



What’s Your Forgiveness Plan?

<i>What I'll do</i>	<i>How often I'll do it</i>
Forgive myself	
Forgive others	

For thoughts and strategies about “forgiving God” please visit www.CaringTeam.org and click on the “welcome” and then the “faith communities” menu.

Take Some Steps

Give and Get Support

Support is like a wonderful medicine. If you use the satisfaction skills, you'll get more support, because using these skills can improve your relationships.

Social isolation, or having no support, is a greater health risk than smoking! (Smoking increases the risk of death 1.6 times, while social isolation does so by a factor of 2.0).

Study after study shows that helping others can improve *your* health and happiness. The benefits seem to occur if you spend at least two to four hours per week helping others.

Wherever you live, there are a lot of opportunities, such as **Senior Companions** and the Retired Seniors in Service to the Community (**RSVP**), even a "Care Ring" or similar programs where you can help others without leaving home. To learn more about these and other options, contact your local Office for the Aging or Department of Senior Services, as well as the Corporation for National and Community Service at **www.NationalService.gov**.

Keep track of the peacefulness and satisfaction in your life, and see if helping others helps you.

Finding More Love

Try using the satisfaction skills more frequently and see if it brings more love (i.e., a sense of oneness and connectedness) into your life. As illustrated below, the more you use them, the more love you'll experience.



Take Some Steps

End of Life, the Law and New Beginnings

"Remember how we always said we'd go together?" I could hardly speak because my chin was trembling. "If you die, I'll miss you so much!"

I knew it was the exact wrong thing to say. I should be brave and say Bernice should go to God or whatever. But I didn't want her with God, I wanted her with me! ...I wanted her with ME!!!

from: "Waiting for Spring (part 1)" in [Caregiver Stories and Stress Solutions](#)

Dying Well depends on emotional, spiritual and legal choices

The final days can be a time of great peace -- even a celebration of a life well lived. But for some, like Joe in the above story, it is a time of panic and despair.

Communication and forgiveness can lead to new beginnings

It's normal to avoid thinking or talking about death. But the denial of death can make a bad situation worse. It can even cause years of regret, because love depends on good communication with friends, familyand God.

The *Satisfaction Skills* (shown at right) can help. They offer a path to better communication, deeper prayer and greater forgiveness to open you to the love that surrounds you.

New beginnings with friends, family and God can be sparked by better communication and forgiveness.



Understanding Challenges and Tragedies

You can gain a new understanding of life's challenges, including the need to accept, forgive and love, by considering:

- Sacred writings or other wisdom
- The traditions of your family and your faith
- The experience of your own life
- What your logic and reason tell you

Share your thoughts, questions, doubts, stories and understandings with family, friends, a counselor or a minister.

Will Your Wishes Be Respected?

Advance directives are instructions for your future health care, if you ever can't speak for yourself.

For example, in the story on the opposite page, could Bernice count on Joe to follow her wishes?...if she decided she didn't want intensive care treatment and was ready to die?

He certainly loves her ...but, what about his own neediness? Would he be the best health care proxy (i.e., someone legally designated to speak for Bernice, if she were unable to speak for herself?)

These legal forms (which don't require an attorney) **can assure that your wishes will be respected:**

- A *Health Care Proxy* form, which all adults should have
- A *MOLST* form for those who are critically ill

Health Care Proxy --This form, sometimes referred to as a “durable power of attorney for health care” allows you to pick someone to speak for you about medical decisions when you are no longer able to do so for yourself.

The image displays two legal forms side-by-side. The form on the left is titled 'Health Care Proxy' and contains sections for appointing an agent and an alternate agent. The form on the right is titled 'MOLST' (Medical Orders for Life-Sustaining Treatment) and includes sections for medical orders, resuscitation instructions, and a section for the patient's wishes. Both forms are designed to be completed by a patient and a healthcare provider.

In most states, including New York, it can be completed without an attorney.

For more information about these four steps (illustrated by the story of a woman whose mother died from Alzheimer's Disease,) please watch the *End of Life Planning* video. You'll find on our website at www.CaringTeams.org (click on “Health and Happiness” and then “End of Life”).

Medical Orders for Life Sustaining Treatment (MOLST)

MOLST is recommended for individuals who want to avoid or receive any or all life-sustaining treatment; people who reside in a long-term care facility or receive long-term care services; or anyone who might die within the next year. It contains valid medical orders that must be followed by all health care professionals. MOLST is not intended to replace traditional advance directives like the Health Care Proxy and Living Will.

For additional information and videos about MOLST, advance care planning and other end-of-life issues, please visit: www.CompassionAndSupport.org or www.SharingYourWishes.net

Take Some Steps

Stop Abuse and Bullying

Alice was halfway through a bowl of ice cream when her daughter burst through the backdoor.

Earlier that evening, Emma has spent extra time getting ready for a date with a new guy.

But in the glare of the kitchen light, her eyes brimmed with tears and mascara ran down her cheek. Her blouse stretched awkwardly from a button fastened to the wrong hole.

Startled at seeing her mother, she turned away and got a drink from the sink.

“What are you doing up so late?” Emma asked, staring out the dark window.

“I was hungry,” Alice replied. “What’s wrong, honey?”

“Nothing I can’t handle,” she said. “Goodnight, Mom,” her voice faltering as she rushed up to her room.

Alice climbed the stairs through waves of fear and anger. What could she do without making a bad situation worse?

EXCERPT FROM: “I DON’T WANT TO TALK” IN *THE EPIDEMICS*

ABUSE THRIVES ON FEAR AND SILENCE

Abuse has many forms. Maybe it’s a date rape, like in this story. Perhaps it’s violence or neglect. Maybe it’s bullying at home, work or school.

Or it might be a senior who’s being cheated financially, or a child who is suffering from sexual abuse or bullying .

Anyone can be affected but women, children and the elderly are especially vulnerable.

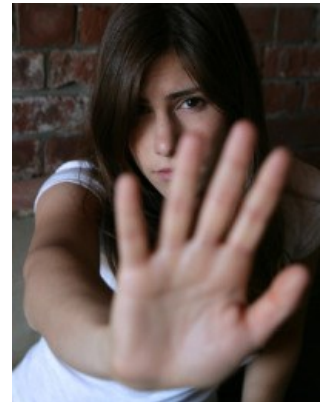
Abuse thrives when someone is silent - or doesn’t seek help.

You Can Help

Although every incident is different, the following steps can help you to address any type of abuse - and eliminate it in your life.

- **Support victims and don’t blame them**
 - Express your concerns and listen.
- **Speak up**
 - The silence of victims, neighbors and/or loved ones permits abuse to continue. Victims have a right to justice and a fear-free life.
- **Get Help**
 - Use these resources as a starting point to help yourself, and those you care about. **Severe abuse or bullying can lead to suicide, especially among teens, so don’t hesitate to get help.**

Abuse can have a medical, emotional, social and spiritual impact - and legal resources may be required. Thus, follow the *Planning Poem* on page 18 to make sure you get ALL the help you need.



Use the Satisfaction Skills to hasten the healing process

- Be *aware* of the warning signs of abuse (e.g., unexplained injuries; changes in appetite, behavior, grades, performance, sick days, grades, socializing or sleep)
- *Affirm* the strengths of the victim. Remember, abuse is never the victims' fault, so don't blame.
- *Assert* your feelings (e.g., concern, worry, anger, fear) **Be assertive about the right of the victim for justice and a fear-free life.**
- Healing usually requires *acceptance* or forgiveness. But, **forgiving a past abuse does not mean that justice is ignored, or that abuse is ever acceptable again.**

Help Abuse Victims with ALL their needs

Abuse doesn't harm just one dimension of your well being. Any piece of the Wellness Puzzle might help or hurt the healing process. So you may need a separate plan for each of your needs.

Call you local **United Way 211 number** to learn about local resources that can help.



HELP IS AVAILABLE!

Call 911 if you are in immediate danger.

Child Abuse:

- Learn about prevention, identification and state-specific resources at www.ChildWelfare.gov
- National Child Abuse Hotline 1 800-4-A-CHILD (1-800-422-4453)
- Call the **National Domestic Violence Hotline** at 1-800-799-SAFE (7233)
- Visit "Violence Against Women" at www.womenshealth.gov/violence

Elder Abuse:

- Visit the National Center on Elder Abuse at www.ncea.aoa.gov
- Call the Eldercare Locator at 1-800-677-1116

Sexual Abuse and Rape:

- Call the National Sexual Assault Hotline at 800-656-HOPE (4673)
- Visit the Rape, Abuse & Incest National Network at www.RAINN.org

Bullying:

- Call 211 for local resources and visit www.StopBullying.gov for more information.



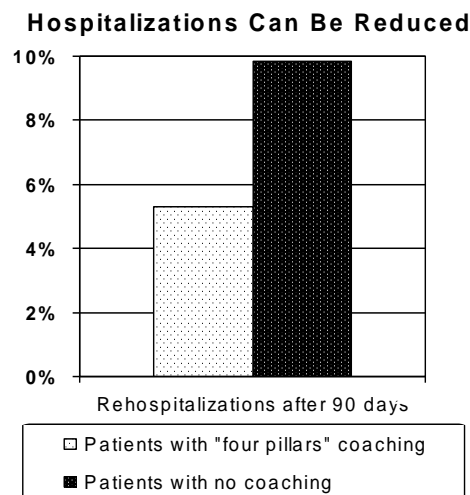
Take Some Steps

Connect Your Care To Reduce Hospitalizations!

If you receive care from more than one doctor, each doctor probably doesn't have enough information to prescribe the proper medicines and provide good quality care. Thus, mistakes are common.

Who is the best person to inform your doctors and connect your care?
You!

You can reduce hospitalizations by nearly half if you take a more active role in your care, according to a "Transitions of Care" study* in which patients, who had just been discharged from the hospital, were coached in *four pillars of care* (as shown in the graphic). Although this study was done with seniors, **the results also apply to children, teens and adults** who have been hospitalized.



Do you..

- Bring a list of all current medications (or your pills) to each doctor visit? YES NO
- Bring your health record with you each time you see a new doctor ? YES NO
- Follow-up with your doctor after hospitalizations ? YES NO
- Know your "red flags" (when to call your doctor) YES NO

If you answered "yes" to each of the above questions, you reduce your risk of rehospitalization by nearly 50%

*from: Coleman, EA et al. "The Care Transitions Intervention: Results of a Randomized Control Trial" Archives of Internal Medicine 2006; 166, 1822-8

Be Respected by Being Respectful

"Hello?" he called from his hospital bed. Softly so he wouldn't wake his roommate.

Footsteps squeaked in the hall and he called again. The aide hesitated in the door, then approached, looking like she hadn't slept for two nights.

"I need some help," he said, looking down at his sheets, damp and stained.

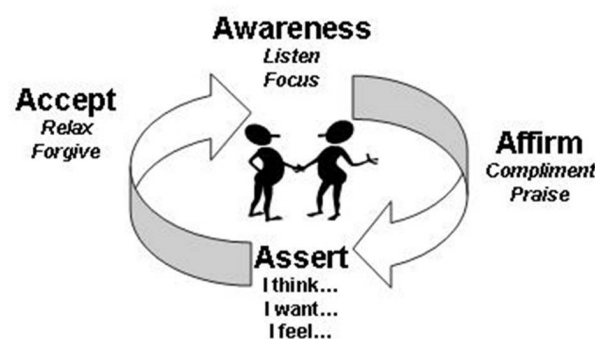
He had a hard time understanding her accent. But her smile told him she would help, and he said, "You're very kind."

EXCERPT FROM: "TRAPPED" IN CAREGIVER STORIES AND STRESS SOLUTIONS

In the story above, Joe is aware the aide is tired. He asserts his need for help, and then affirms her kindness.

Instead, what might have happened if he had ignored her exhaustion and said, "What took you so long?"

Using the *Satisfaction Skills* (p. 6-9) to communicate with your caring team (e.g., aides, professionals caregivers) will improve the care you get from them. Your affirmations will also encourage them to perform at their best. If you want respect, be respectful.



... AND LEARN EACH TIME

Use this example to create your “Learning Plan” on any piece of paper.

Share it with the professionals, friends, family, aides and others on your caring team.

Discover what works best to improve your health and happiness.

MAKE A PLAN FOR EACH SIGN YOU TRACK. KEEP RE-CHECKING TO LEARN WHAT WORKS.

My Learning Plan

Remember goals and check your signs. Take some steps and learn each time.



What are your most important goals? (see p. 2-3)

EXAMPLE: I want to be well enough to dance at my granddaughter's wedding

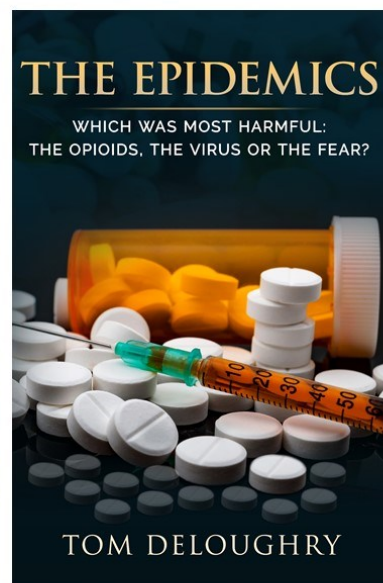
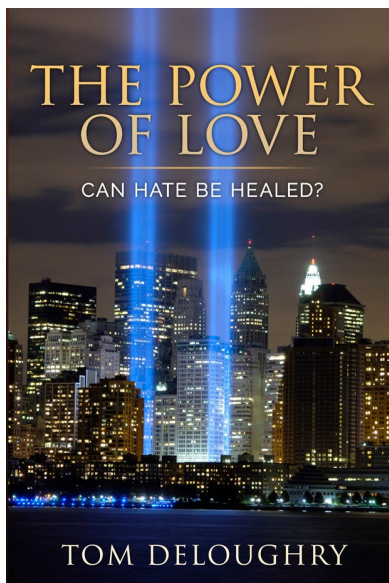
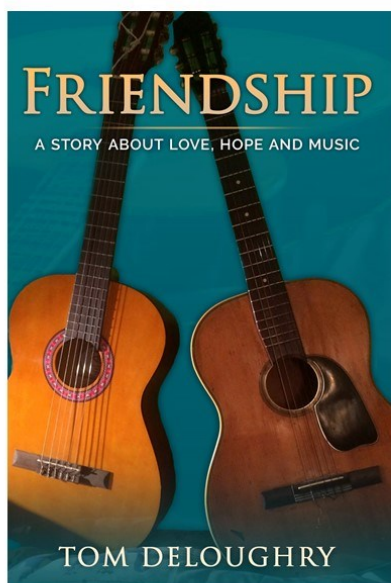
Track Your Signs WHAT DO YOU WANT TO IMPROVE? (see p 5) EXAMPLES: 10/16 - Headaches and alarm response every day last week - Frequent "stupidvision" (p 5) thoughts about myself and C. D.	Take Some Steps WHAT STEPS DID YOU TAKE? (p. 6-14) 10/16-22 Practiced "60 Seconds of Satisfaction" (p. 7) five times most days during TV commercials or doing chores, plus a few times when I was really stressed	...And Learn Each Time WHAT HELPED? WHAT DIDN'T? WHY? 10/23 fewer headaches this week. Fewer "stupidvision" thoughts about myself but still feel much negativity toward C.D. Maybe keep using the "60 Seconds" exercise, and try more assertiveness with C.D?
10/16 - Blood pressure was very high most of last week	10/16-22 Started new medication on 10/16 Used the Satisfaction Skills (p 6-9) as noted above Walked to mailbox Mon—Wed. Walked to mailbox twice Thurs—Sat.	Mon. AM 175/130 PM missed Tues. AM 160/120 PM 155/110 Wed. AM missed PM 190/115 Thurs. AM 145/90 PM missed Fri. AM 135/85 PM 140/95 Sat. AM missed PM 135/85 If BP stays low, talk to doctor about stopping meds? Use just exercise & Satisfaction Skills?

OTHER BOOKS BY TOM DELOUGHRY

The Friendship Trilogy

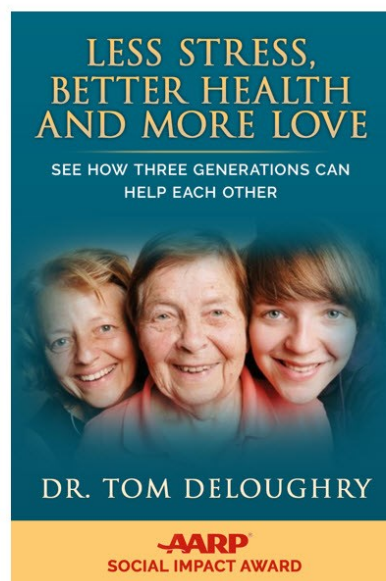
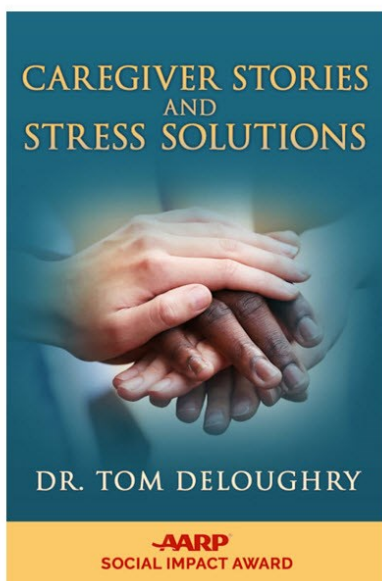
TO LEARN MORE VISIT: WWW.LIVINGWELLOW.INFO

Four musicians who meet in the Sixties are stunned by terrorism, then struggle with the epidemics.



Can music and mindfulness help them to stop the fear and find love?

The Friendship Trilogy was inspired by two earlier books, honored by AARP's Social Impact Award as "a simple mind-body-spirit program for seniors, adults and teens of any faith, or no faith."



True stories about caregiving that empower three generations.

ABOUT THE AUTHOR

Tom DeLoughry's interest in the connection between the mind, body and Spirit is reflected in his service directing drug abuse and adolescent services in Child Psychiatry at Buffalo Children's Hospital; directing wellness and disease management at Independent Health, a large managed care organization; and directing a Franciscan retreat center at Stella Niagara, NY.

Dr. DeLoughry served as an adjunct Assistant Professor of Public Health and as a research Assistant Professor in Family Medicine at the University of Buffalo where he received a masters in rehabilitation counseling and a doctorate (Ed.D.) in health education and behavior.

After his mother died, as described in *Caregiver Stories and Stress Solutions*, he took a three-year sabbatical to direct the Franciscan retreat center at Stella Niagara. While there, he convened a coalition of social workers, nurses and physicians, and consulted with Christian, Jewish and Muslim clergy to create a spirituality program that would be acceptable in mental health and health care settings. The resulting books and programs were funded by the Niagara Country Office for the Aging and the Community Health Foundation of Western New York. They were honored by *AARP'S Social Impact Award*, as a "simple mind-body-Spirit program for seniors, adults and teens of any faith, or no faith."

He is currently completing *The Friendship Trilogy*, three novels about four musicians who met in the Sixties, were stunned by terrorism and struggled with the epidemics of opioids, COVID and fear. The *Trilogy* is semi-autobiographical, reflecting the meandering journey that led Tom to develop the strategies in this booklet, as well as the pleasure he had playing music with his wife, Kathy, for nearly forty years in coffee houses, bars, churches and as volunteers for Life and Death Transitions. Kathy - an educator, yoga instructor and stress management trainer - has assisted in the development and presentation of many of Tom's programs, as well as related training for the volunteers, aides and professionals.



He is the author of *Help Patients to Better Breathing*, the American Lung Association's national program for emphysema and chronic bronchitis; as well as a follow-up training program called RESPECT (Respiratory Patient Education Certification Program). He created the CBS HealthWatch.com feature series, *The Managed Care Guide*; and *Never Too Old to Be Well*, a multi-media program (booklet, flyers, video DVD, computer CD). He is also the author of *Spirituality and Eldercare*, a chapter in a *Spiritual Dimensions of Nursing*, a Templeton Press textbook.

Dr. DeLoughry directs the Center for Health Management, a consulting company that produces *Living Well*, a whole health program which offers workshops, workbooks and related stories for seniors, adults and teens, as well as related training for volunteers, aides and professionals providing medical, emotional and spiritual care. He is a Christian whose spirituality has been enhanced by Buddhism and other Eastern faiths.

To learn more, please visit:

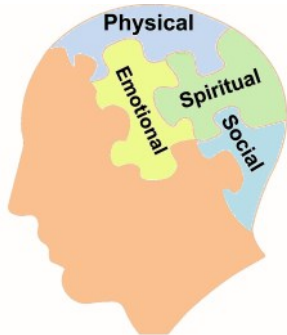
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The Planning and Learning Poem

Use this poem to make sure you consider everything that might help.

Start solving your puzzle. Get help when you can.

Use four ways to stop stress And learn from your plan.



START SOLVING YOUR PUZZLE

Any piece of the wellness puzzle can help or harm the other pieces.

Which pieces of the Wellness Puzzle are most important for you?
....and for your loved one?

Don't focus on one just one piece, and ignore the others.

GET HELP WHEN YOU CAN



**FIND SERVICES IN
YOUR COMMUNITY**



2-1-1 is a national phone service offered by the United Way. It connects you to an information specialist who can link you to the community services (e.g., financial, emotional, medical, addiction prevention and other help) for seniors, adults or children

New York Connects (through the NYS Office for the Aging) connects you with resources and assistance whether you're caring for a senior, an adult or a child (1-800-342-9871 /www.NYCONNECTS.ny.gov)

Similar information is available nationally through the Eldercare Locator (www.Eldercare.gov - 1-800-677-1116)

USE FOUR WAYS TO STOP STRESS

Use the **Satisfaction Skills** to help you:

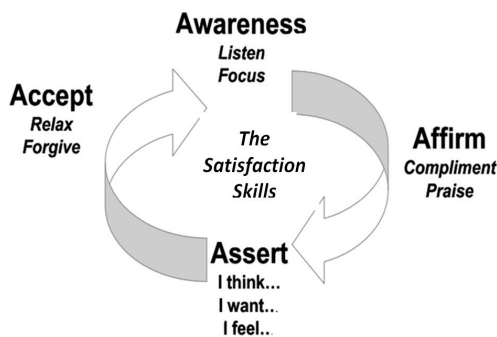
- improve communication between you and your caring team
- Stop your stress (if only for a minute) by using *Sixty Seconds of Satisfaction* (p. 7)
- Understand and respect people who are different from you (p. 14)
- And (if spirituality is important) to pray (p. 7)

THEN LEARN FROM YOUR PLAN

Make a "Learning Plan" (p. 15) **with your doctor**, family, friends, and/or caregiver. Then learn from it!

- **Remember your goals** (for each piece of the Wellness Puzzle)
- **and check your signs.** (e.g, blood pressure, depression)
- **Take some steps** (e.g., exercise, medications, volunteering, music)
- **and learn each time.** (Tell you doctor what worked, and what didn't)

Bring someone with you to each medical appointment. Share your record and questions with the doctor, and write down instructions.



My Learning Plan		
Remember goals and check your signs. Take some steps and learn each time.		
What are your most important goals? (see p. 23) EXAMPLE: I want to be well enough to dance at my granddaughter's wedding		
Track Your Signs WHAT DO YOU WANT TO IMPROVE? (see p. 5) EXAMPLES: 10/26 - Headaches and alarm response every day last week - Frequent "stop/don't" (p. 1)	Take Some Steps WHAT STEPS DID YOU TAKE? (p. 6-14) 1. 10/26-22 Practiced "60 Seconds of Satisfaction" (p. 7) Five times most days during TV commercials or doing chores, plus a few times when I was really stressed	...And Learn Each Time WHAT HELPED? WHAT DIDN'T? WHY? 10/23 fewer headaches this week. Fewer "stop/don't" thoughts about myself but still feel much negativity toward CD. Maybe keep using the "60 Seconds" exercise, and try

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