

Quality of Life TIPS & TRICKS

Make an Attitude Adjustment

There is no “one size fits all” for well-being; however, there is no question that taking care of ourselves allows us to better take care of others—whether that be clients, colleagues, friends, or family.

So, this week, encourage yourself to consider starting one small activity that may contribute to a positive sense of mental and/or physical health. Here are a few out-of-the-box ideas on improving well-being, which are offered for purposes of getting the ball rolling. We welcome other self-improvement ideas.

- **Write two or three thank you notes every morning.** Starting the day in a mindset of gratitude makes it difficult to hold on to other negative feelings.
- **Talk to yourself out loud (every once in a while).** It triggers the language centers of our brain, slows down our thoughts, and makes us more deliberate.
- **Smell some green apples and cucumbers.** If you’re feeling pent up (or downright claustrophobic), the smell of green apples and cucumber can change our perception of space, making places feel larger. Interestingly, the smell of barbecue smoke has the opposite effect.
- **Jump on your bed.** Let go of “adulting” for a bit and reintroduce yourself to your fun side by jumping on a bed or having an impromptu dance party, both of which also increase physical activity. Bet you can’t hold on to anger or frustration while doing it.
- **Try a new food.** Get yourself out of the rut you’ve been in by trying something new to eat. Taste-testing a new food or cooking a new dish is an easy way to do it.

Whatever it is, make it simple and, at least periodically, replicable. You’ll be amazed at what small shifts can do to your overall attitude.



This Wellness Tip was brought to you by the Quality of Life Subcommittee of the Primerus™ Quality Assurance Board and Featured Contributor Nicole Quintana. We also welcome your tips, which can be submitted to Paige Neirman at pneirman@primerus.com for publication consideration.