



Optimize Your Health

TherapyWithDirection.com

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Self-Image

- Stop comparing yourself to others
- Strive for body acceptance
- Explore and be comfortable with your sexuality
- Treat yourself as you would your best friend
- Don't pressure yourself to do "everything"
- Setting limits is mature and mandatory for optimal health

Body

- Get sufficient sleep each night
- Do an effective relaxation technique every day
- Develop a healthy relationship with food
- Find a medical provider you like and trust
- Schedule regular medical screenings
- Eat a balanced diet
- Exercise nearly every day

Meaning & Purpose

- Explore the bigger picture
- Find a sense of peace in your life
- If in conflict over "religious" upbringing, work toward resolution
- Seek out people who have a deep sense of meaning in their lives
- Choose to let go of things you cannot control

Mind

- Choose to see good in yourself and others
- Focus on the positive - the glass is half-full not half-empty
- Be thankful for all that you do have
- Learn to meditate
- Plan for the future but live for today

Relationships

- Communicate grievances with others directly
- Develop meaningful relationships with persons of different ages, genders, races, occupations, etc.
- Work toward understanding and peace among family members and friends
- Love people for who they are, not for how you want them to be

Feelings

- Learn how to say "NO" without feeling guilty
- Choose to forgive rather than to hold on to grudges
- Honor your feelings, but don't get "stuck" in them
- Keep a journal to get in touch with your feelings
- Grieve when you have a sense of loss in your life

Community

- Meet your neighbors
- Join a community group and volunteer
- Expand your horizons: attend events that are multi-cultural