



**Pushing the Clouds Away**  
40 Ways to Nurture Your Well-Being

**Well-being:** It's a state of mind, as much as a state of being. Here are a few ways you can add ease, comfort and greater peace to your days... *and nights.*

Physical Well-Being	Mental Well-Being	Emotional Well-Being	Spiritual Well-Being
Take a walk	Read a book, magazine or article	Take a deep breath and say aloud: "I am calm and at peace."	Do something of service for another or your community
Ride a bike	Take a nap	Listen to music you enjoy	Connect with nature
Soak in a hot bath	Phone a close friend	Sing	Join a church group
Go to the gym	List things you will do to improve your life	Notice what you are feeling several times a day	Take up meditation
Stretch, move (and even dance) to music	Preview your day upon waking, and review it upon retiring	Write a letter to, or call, someone telling them of your experience	Study with a spiritual teacher
Practice Yoga or Tai-Chi	Do a jigsaw puzzle, or otherwise exercise your mind	Smile at a stranger, and send them compassion	Pray
Change one thing to improve your diet	Start a new hobby, or revisit one you've enjoyed before	Sit with, and truly feel, your emotions	Listen to a guided meditation CD
Get a massage	Express your thoughts in poetry or prose	Watch children at play	Concentrate on the flame of a candle
Go swimming	Acknowledge yourself for all you've endured	Hug someone, or ask for a hug	Get to know another set of religious beliefs
Relax in a sauna	Create a "Bucket List" of all the things you want to do	Sit in a garden or park watching animals and people at play	Practice unconditional love and forgiveness with yourself and others

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