

# Tips to THRIVE

**The [Fountain of Health](#)™ is a national non-profit association offering resources on the science of wellbeing.**

**The Fountain of Health™ is not a mental health service provider. If you are in crisis call 911 , or visit your local emergency department.**

The [THRIVE © Approach to Wellbeing](#) includes six high impact actions known to promote wellbeing. The Approach is based on key findings from scientific research on brain neuroplasticity, resilience, preventative medicine, and health behaviour change.



The following pages contain tips, based on the THRIVE © Approach to Wellbeing.



## Thoughts: Positive Thinking

Your thoughts play an important role in overall health and how you cope with or bounce back in times of stress.

- ♦ Focus on what is in your control.
- ♦ Consider what you feel grateful for. Write down 1–3 things you are grateful for, keep a gratitude journal, or use an online gratitude resource.
- ♦ Notice what you are doing well to keep healthy and give yourself credit.

### Helpful Resources

- Guided meditations for self–compassion: [www.self-compassion.org/](http://www.self-compassion.org/)
- Positive thinking toolkit: [www. positivepsychology.com/positive-thinking-exercises/](http://www.positivepsychology.com/positive-thinking-exercises/)

For more information and resources on Thoughts, visit [www.fountainofhealth.ca/thoughts-positive-thinking](http://www.fountainofhealth.ca/thoughts-positive-thinking)



## Health Habits - Physical Activity

Just moving and being active will benefit your health. Regular physical activity can help improve your mood, sleep, memory, and lower stress.

- ♦ Try yoga or other online programs that are safe for you (e.g. YouTube).
- ♦ Do something you enjoy (e.g. gardening, dancing).
- ♦ Take a walk around your neighbourhood.

### Helpful Resources

- ♦ Canadian guidelines on how much exercise individuals should be getting: [www.physio-pedia.com/Canadian\\_Physical\\_Activity\\_and\\_Sedentary\\_Behaviour\\_Guidelines](http://www.physio-pedia.com/Canadian_Physical_Activity_and_Sedentary_Behaviour_Guidelines)
- ♦ An instructional yoga channel: [www.youtube.com/user/yogawithadriene](http://www.youtube.com/user/yogawithadriene)

For more information and resources on Health Habits – Physical Activity, visit [www.fountainofhealth.ca/health-habits](http://www.fountainofhealth.ca/health-habits)



## Health Habits: Healthy Eating

Healthy eating promotes wellness, and prevents disease.

- ◆ Add one more fruit or vegetable a day to your diet.
- ◆ Keep a drinking bottle near to sip water through the day.
- ◆ Eat slowly, without any distractions.
- ◆ Create a meal plan for a day or a week.

### Helpful Resources

- ◆ Mindful Eating Help Guide: [www.helpguide.org/articles/diets/mindful-eating.htm](http://www.helpguide.org/articles/diets/mindful-eating.htm)
- ◆ Canada's Food Guide and Healthy Eating: [www.food-guide.canada.ca/en/healthy-eating-recommendations/](http://www.food-guide.canada.ca/en/healthy-eating-recommendations/)

For more information and resources on Health Habits - Healthy Eating, visit [www.fountainofhealth.ca/health-habits](http://www.fountainofhealth.ca/health-habits)



## Relationships: Social Activity – Staying connected matters!

Having trusted relationships with a friend, partner, or family member is protective for mental and physical health.

- ◆ Call a friend for coffee, or go out for a walk together.
- ◆ Challenge yourself to say yes if invited out somewhere. It is not wrong to step outside your social comfort zone now and then.
- ◆ Be curious - try a hobby, new interest or consider trying out a group.

### Helpful Resources

- ◆ Community resources and services: Dial or text 2-1-1 or visit: [www.211.ca](http://www.211.ca)
- ◆ Volunteer Canada: [www.volunteer.ca/](http://www.volunteer.ca/)

For more information and resources on Relationships, visit [www.fountainofhealth.ca/relationships](http://www.fountainofhealth.ca/relationships)



## Interests: Brain Challenge – It is always a good time to learn something new!

When it comes to brain health, keeping our minds active is important. Learning can improve brain health and wellbeing.

- ♦ Read a magazine or newspaper, listen to a podcast or try out a new craft.
- ♦ Reach out to your local library. Many libraries have book and movie clubs.
- ♦ Explore your thoughts in writing. Write a short story, a poem or in a journal.

### Helpful Resources

- ♦ Free brain health assessment and practical strategies for improving your memory: [www.cogniciti.com/](http://www.cogniciti.com/)
- ♦ Free and paid courses from top educators: [www.coursera.org/](http://www.coursera.org/)

For more information and resources on Interests, visit [www.fountainofhealth.ca/interests](http://www.fountainofhealth.ca/interests)



## Valued Goals: SMART goal-setting

Values are what you believe to be important. The THRIVE © Approach to Wellbeing offers a 3-Step Approach to help you set and meet a Valued Goal.

- ♦ **Step 1:** Complete a self-assessment to get a baseline of how you are currently doing.
- ♦ **Step 2:** Set your goal. Identify one goal in one of the THRIVE action areas. Make it a SMART goal to increase success.
- ♦ **Step 3:** Track your progress. We recommend using The Wellness App, our free, web-based support tool usable on smart phones and other devices.

### Helpful Resources

- ♦ A video on setting values-based goals: [www.youtube.com/watch?v=21NKpxO23q4](http://www.youtube.com/watch?v=21NKpxO23q4)

For more information and resources on Valued Goals, visit [www.fountainofhealth.ca/valued-goals](http://www.fountainofhealth.ca/valued-goals)



# Emotions: Take care of your mental health

## - You are worth it.

Good mental health helps us cope with life's challenges and improves our lives. Having strategies to lower stress and challenge negative thoughts can help. Being willing to ask for help when needed is key.

Take time each day to look after yourself in basic ways: Have a routine, get enough rest, eat healthy meals, and limit alcohol intake.

- ◆ Consider limiting your intake of daily news to 30 minutes, especially at times when the news is distressing.
- ◆ Seek out professional help if you are struggling to cope. Learn how to relax through yoga or meditation.

### Helpful Resources

- ◆ Check out a nationwide organization that promotes mental health and supports people recovering from mental illness: [www.cmha.ca/](http://www.cmha.ca/)
- ◆ Resources to improve sleep hygiene: [www.mysleepwell.ca/](http://www.mysleepwell.ca/)

For more information and resources on SMART Goal Setting, visit [www.fountainofhealth.ca/emotions](http://www.fountainofhealth.ca/emotions)

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