

# The Power of Now: Making Wellness a Priority

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**June 29, 2011**

**Bancroft**

# Outline

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- The mind as the portal to health
- Strategies for optimizing your health
- A tool to manage the health of you and your clients

# What is the Power of Now?

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- It's the place you must be....now
- It's a place of peacefulness
- It's a place to ground yourself from all troubles

# Consciousness

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- Our 'normal state' of mind is fundamentally defective.
- When you have time to think, what do you think about?
- Common thought processes:
  - guilt, pride, resentment, anger, regret or self-pity

# Realizing the Present Moment

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- The 'present' is all we ever have. Make the **Now** the primary focus of your work and life.
- Always say 'yes' to the present moment. It's all we ever have.

# Avoiding The Now

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- Tobacco
- Alcohol
- Food
- Negativity
- Living in the past or worrying about the future
- Reality TV

# The Origin of Fear

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- Comes in many forms:
  - Unease, worry, anxiety, nervousness, tension, dread, etc.
- Fear is always of something that might happen, not of something that is happening now.
- You are 'hear' and the mind is in the future.  
Result: Anxiety gap

# The Origin of Mental Pain

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- The more you are identified with your mind, the more you suffer.
- What causes mental pain?
  - Hatred
  - Self-pity
  - Anger
  - Depression
  - Jealousy

# Two levels of pain

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- The pain you create now
- The pain from the past
  
- Thoughts and feelings you have about your life can become deeply negative and self-destructive.

# Anxiety Gap

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- If you lose touch with the Now, anxiety will be your constant companion.

# Negativity

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- Destruction of the body, mind and soul
- Fear of failure

# How Much Time Do You Spend in the Present, Past and Future?

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- How often do you leave the 'now?'

# Finding your purpose

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# Strategies for Staying in the Now

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- When you are able to observe your mind, you are no longer trapped in it.
- Notice how often your attention is in the past or future.
- Be the present watcher of your mind.
- Be as interested in your reaction as in the situation or person that causes you to react.
- You cannot find yourself by going into the past. You find yourself by coming into the present.

# Becoming a Better Employee

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- Give your fullest attention to whatever the moment presents because by doing so, you cannot at the same time resist it.
- When the compulsive striving away from the Now stops, the joy of being flows into everything you do.
- Be at least interested in what goes on inside you as what happens outside.

# Be the Watcher of Your Mind

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- Learn to dis-identify from your mind
  - Pay particular attention to any repetitive thought patterns
  - “Watch the thinker” but do not judge

# Becoming a Better Employee

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- Are you avoiding the Now? If so, how?
- What kind of thoughts is your mind producing?
- What do you feel?
- Is there any tension?

# What to do if you don't want the present

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3 options:

- Remove yourself from the situation
- Change it
- Accept it totally

# Accessing the Power of Now

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- The more attention you give to the past, the more you energize it and give it an identity.
- The power of now is none other than the power of your presence, your consciousness liberated from thought forms (fears, emotions, thoughts, etc.).

# Rules of Relationships with Fellow Coworkers and Others

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- Try not to be negative
- Learn to phrase things more positively
- Don't escape the Now...embrace it
- Learn to respect yourself
- Think about the other person's needs before your needs
- Don't blame, accuse or make the person wrong.

# The Power of Positive Thought

# Sayings to Remember

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- "Give me the best cut of meat you have."

# Sayings to Remember

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- A person is what he or she thinks about all day long.

# Sayings to Remember

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- The best and simplest advice which I have found is this: All of the happiness one experiences comes from wanting good things for others; all of the unhappiness one experiences comes from wanting things for ourselves.

# Sayings to Remember

---

- The only difference between a Good Day And a Bad Day Is your ATTITUDE!
- For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.

# Sayings to Remember

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- “The greatest discovery of any generation is the human beings can alter their life by altering their attitude.” William James

# Major Health Promotion Activities that Will Change Your Life and the Clients You Serve

# Therapeutic Lifestyle Changes

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- Four lifestyle factors exert a major impact on mortality and even small differences in lifestyle can make major differences in health status:
  - Smoking
  - Physical inactivity
  - Alcohol intake
  - Diet

# Exercise

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- Reduces
  - Obesity
  - Type 2 diabetes
  - Heart disease
  - Some cancers
  - Psychiatric disorders incl. depression
  - Age-related decline (Alzheimer's & Parkinson's)

# Exercise

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## Brain Changes

- Interrupts negative thoughts and emotions
- Psychosomatic muscle tension
- Increases brain volume, vascularization, & blood flow
- Reduce age-related memory loss
- Improves executive function (processing)

# Exercise

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- Standing vs. sitting at work has significant health outcomes.
- We need two hours a day of activity – spread throughout the day.
- Monitor your activity with a pedometer.

# Nutrition and Diet

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- Multicolored fruits and vegetables (rainbow diet)
- Some fish preferences given to cold deep-seawater fish (e.g., salmon) while avoiding shark, swordfish, king mackerel, and tilefish).
- Reduce excessive calorie intake especially
  - Sweetened beverages, chips

# Supplements

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- Omega-3s as essential to neural function especially as an anti-inflammatory protector.
- Lower omega-3 levels in tissue are correlated with greater symptom severity in affective and schizophrenic disorders.
- In older adults, fish and fish oil supplements appear to reduce cognitive decline.

# Vitamin D

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- Multipurpose hormone with multiple neural functions.
- Vitamin D deficiency is widespread especially in older adults and is associated with cognitive impairment, depression, bipolar disorder and schizophrenia.

# Nature

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We've reduced our outdoor time significantly over the last 30 years.

- Evolutionary and developmental perspectives suggest that children living more inside than outside may expose themselves to developmental disorders such as ADHD
- For adults, artificial environments impair mental well-being and foster or exacerbate psychological problems such as depression

# Nature

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- Natural settings enhance both physical and mental health including greater cognitive, attentional, emotional, spiritual, and subjective well being.
- Hospital patients that have views of natural settings experience less pain and stress, have better mood and postsurgical outcomes and are discharged earlier.

# Relationships

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- Cattaneo & Rizzolatti (2009)

“We are interdependent creatures, hardwired for empathy and relationship through, for example, the mirror neuron system.”

Americans today are spending less time with family/friends.

Health risks of social isolation equivalent to smoking, high blood pressure, obesity

# Recreation and Enjoyable Activities

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- Overlaps with Exercise, Nature and Social Interaction
  - Art, music, etc.
- Works by cultivating positive emotions – keeps person in the Now (ie, focused)

# Relaxation and Stress Management

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Reducing Allostatic Load through self-management skills

- Mindfulness
- Muscle relaxation
- Meditation & Breathing
- Yoga (less research)

# Religious & Spiritual Involvement

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- Considerable research suggests a complex but usually beneficial relationship between religious involvement and mental health.
  - Gives life a purpose
  - Places life in context
  - Belongness

# Contribution and Service

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- Altruism reduces unhealthy mental qualities (greed, jealousy, egocentricity) and enhances healthy qualities such as joy, love, and generosity.
- People who volunteer more are psychologically happier and healthier.

# Focusing on the Now

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- How do you spend your 17 hours a day?
- How much time are each of these 8 behaviors getting in your life?
- How can you start reducing the negative and increasing the positive?
  - Map it out and see how much time you're spending in negativity and positivity.

# POWERS

Personalized Online Weight Management and  
Exercise Response System for Adults with  
Developmental Disabilities

# Staying in the Now

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Repurpose and scale successful, evidence-based programs for a national audience using the

Interactive

Coaching

Assistance

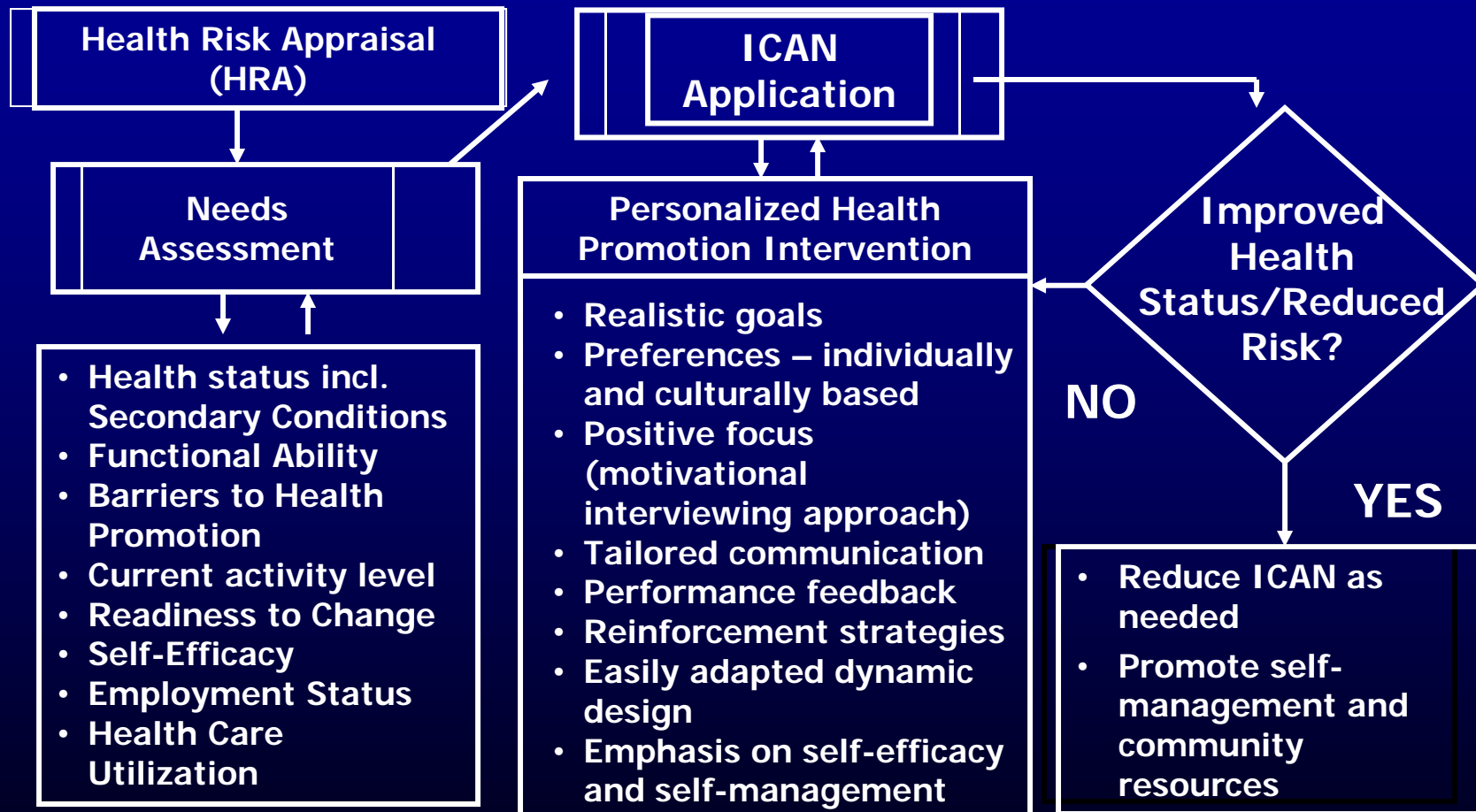
Network (ICAN).

# ICAN - Interactive Coaching Assistance Network

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- Built on custom-developed web application (ICAN)
- Has an Information Technology Infrastructure
  - Supports wellness coaches in carrying out an intervention;
  - Supports participants during self-management and follow-up
- Provides effective method for addressing common challenges for health promotion programs including
  - Sustaining interventions over an extended length of time;
  - Eliminating transportation difficulties of getting to a facility-based intervention;
  - Providing support (including telephone-based coaching) at times that are convenient for the individual.

# POWERS



# Participant Profile

The screenshot shows a Firefox browser window displaying the 'Powers' website. The browser's address bar shows the URL [http://cypress.brightoutcome.com/user/6/participant\\_patient](http://cypress.brightoutcome.com/user/6/participant_patient). The website header includes the title 'Powers' and the subtitle 'Personalized Online Weight Management and Exercise Response System for Youth with Disabilities'. A navigation menu contains 'Objectives & Strategies', 'Participants', and 'Coaches'. Below this is a dropdown menu for 'Participants'. The main content area displays the profile for Sarah Clark, including a photo, name, location (Tucson, AZ), phone number (555-555-5554), email (sclark@email.com), birthdate (02/12/1974), height (62), weight (164), BMI (30.0), and medical conditions (Primary Disability: Down Syndrome, Secondary Condition: Obesity, Tertiary Condition: Anxiety, Assistive Devices: None). A sidebar on the left provides a 'Dynamic Navigation Development' menu with options like 'Health Appraisal Profile', 'Physical Activity', 'Dietary', 'Behavioral', 'Summary', 'Call Log', and 'History'. The main profile section has an '[edit]' link and buttons for 'View', 'Edit', and 'Devel'. A 'Printer-friendly version' link is also present. Below the profile information is a 'Participant Patient Profile' section with tabs for 'Demographic', 'Disability and Function', 'Chronic Health', 'Physical Activity', 'Physical Activity Barriers', and 'Nutrition & Weight'. The 'Demographic' tab is active, showing a form with 'Participant Name' (Sarah Clark), 'Coach' (Michelle Goldman), and 'Status' (active).

Firefox File Edit View History Bookmarks Tools Window Help

Sarah Clark | Powers

Sarah Clark | Powers

[http://cypress.brightoutcome.com/user/6/participant\\_patient](http://cypress.brightoutcome.com/user/6/participant_patient)


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## Powers

Personalized Online Weight Management and Exercise Response System for Youth with Disabilities

Objectives & Strategies Participants Coaches

--Participants--

 Sarah Clark  
Tucson, AZ  
555-555-5554  
sclark@email.com

Birthdate: 02/12/1974  
Height: 62  
Weight: 164  
BMI: 30.0

Primary Disability: Down Syndrome  
Secondary Condition: Obesity  
Tertiary Condition: Anxiety  
Assistive Devices: None

[edit]

### Sarah Clark

View Edit Devel

Printer-friendly version

#### Participant Patient Profile

Demographic Disability and Function Chronic Health Physical Activity Physical Activity Barriers Nutrition & Weight

Participant Name:  
Sarah Clark

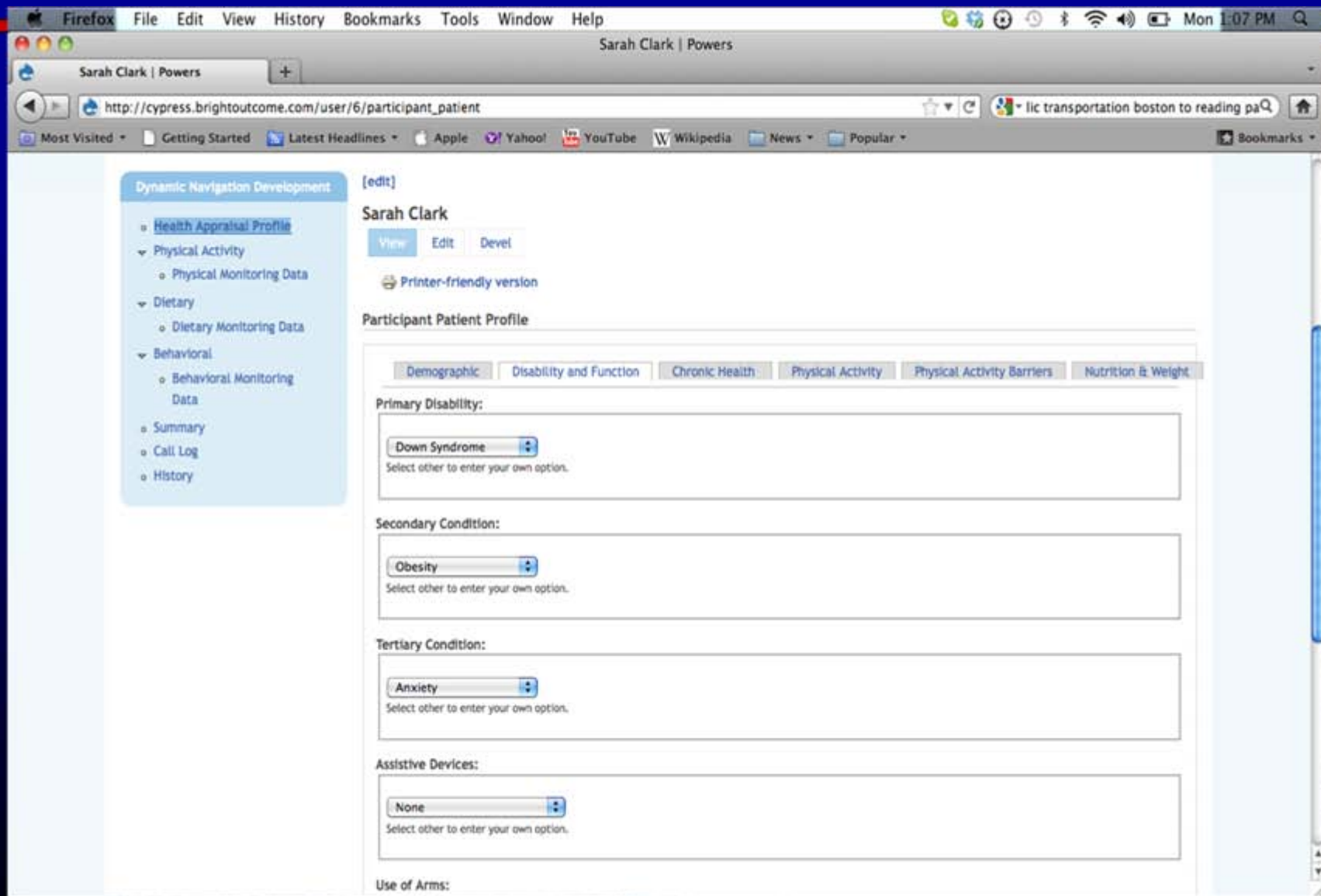
Coach:  
Michelle Goldman

Status:  
active

Dynamic Navigation Development

- Health Appraisal Profile
- Physical Activity
  - Physical Monitoring Data
- Dietary
  - Dietary Monitoring Data
- Behavioral
  - Behavioral Monitoring Data
- Summary
- Call Log
- History

# Participant Demographics HAP



Firefox File Edit View History Bookmarks Tools Window Help Sarah Clark | Powers

Sarah Clark | Powers

http://cypress.brightoutcome.com/user/6/participant\_patient

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Dynamic Navigation Development

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  - Dietary Monitoring Data
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- Call Log
- History

[edit]

Sarah Clark

View Edit Devel

Printer-friendly version

Participant Patient Profile

Demographic Disability and Function Chronic Health Physical Activity Physical Activity Barriers Nutrition & Weight

Primary Disability:

Down Syndrome

Select other to enter your own option.

Secondary Condition:

Obesity

Select other to enter your own option.

Tertiary Condition:

Anxiety

Select other to enter your own option.

Assistive Devices:

None

Select other to enter your own option.

Use of Arms:

# Participant Disability & Function HAP

The screenshot shows a web browser window with the following details:

- Browser: Firefox
- Address Bar: [http://cypress.brightoutcome.com/user/6/participant\\_patient](http://cypress.brightoutcome.com/user/6/participant_patient)
- Page Title: Sarah Clark | Powers
- Page Content: Participant Patient Profile
- Active Tab: Disability and Function
- Form Fields:

| Chronic Condition/Concern                             | Taking Medication            | Secondary                    |
|---|------------------------------|------------------------------|
| <input type="checkbox"/> Alcohol or substance abuse   | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes |
| <input type="checkbox"/> Anxiety disorder             | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes |
| <input checked="" type="checkbox"/> Arthritis         | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes |
| <input type="checkbox"/> Asthma                       | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes |
| <input type="checkbox"/> Attention deficit disorder   | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes |
| <input type="checkbox"/> Back pain                    | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes |
| <input type="checkbox"/> Bipolar disorder             | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes |
| <input type="checkbox"/> Bladder problems             | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes |
| <input type="checkbox"/> Cancer                       | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes |
| <input type="checkbox"/> Chronic bronchitis-Emphysema | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes |
| <input type="checkbox"/> Chronic fatigue or tiredness | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes |
| <input type="checkbox"/> Constipation                 | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes |
| <input type="checkbox"/> Contractures                 | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes |
| <input type="checkbox"/> Dementia/Alzheimer's disease | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes |
| <input type="checkbox"/> Depression                   | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes |
| <input type="checkbox"/> Diabetes                     | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes |
| <input type="checkbox"/> Diabetes Type 1              | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes |
| <input type="checkbox"/> Diabetes Type 2              | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes |
| <input type="checkbox"/> Difficulty leaving the house | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes |

# Participant Physical Activity HAP

The screenshot shows a Firefox browser window displaying a web application for Sarah Clark. The browser's address bar shows the URL `http://cypress.brightoutcome.com/user/6/participant_patient`. The page title is "Sarah Clark | Powers". The browser's menu bar includes "File", "Edit", "View", "History", "Bookmarks", "Tools", "Window", and "Help". The system tray at the top right shows the date and time as "Mon 1:08 PM".

The web application interface includes a "Dynamic Navigation Development" sidebar on the left with a tree view containing the following items:

- Health Appraisal Profile
- Physical Activity
  - Physical Monitoring Data
- Dietary
  - Dietary Monitoring Data
- Behavioral
  - Behavioral Monitoring Data
- Summary
- Call Log
- History

The main content area is titled "Sarah Clark" and includes "View", "Edit", and "Devel" buttons, along with a "Printer-friendly version" link. Below this is the "Participant Patient Profile" section, which has several tabs: "Demographic", "Disability and Function", "Chronic Health", "Physical Activity", "Physical Activity Barriers", and "Nutrition & Weight". The "Physical Activity Barriers" tab is currently selected.

Under the "Physical Activity Barriers" tab, there is a "Personal:" section with a grid of checkboxes for various barriers. The checked items are:

- Injury
- lack of coordination
- Self-conscious

The status bar at the bottom of the browser shows the URL `http://cypress.brightoutcome.com/user/6/participant_patient#physical-activity-barriers`.

# Participant Chronic Health HAP

The screenshot shows a web browser window with the address bar displaying `http://cypress.brightoutcome.com/user/6/participant_patient`. The page title is "Sarah Clark | Powers". The browser's address bar also shows a search for "lic transportation boston to reading pa".

The page content includes a navigation menu on the left under "Dynamic Navigation Development" with the following items:

- Health Appraisal Profile
- Physical Activity
  - Physical Monitoring Data
- Dietary
  - Dietary Monitoring Data
- Behavioral
  - Behavioral Monitoring Data
- Summary
- Call Log
- History

The main content area is titled "Sarah Clark" and includes buttons for "View", "Edit", and "Devel". There is also a "Printer-friendly version" link.

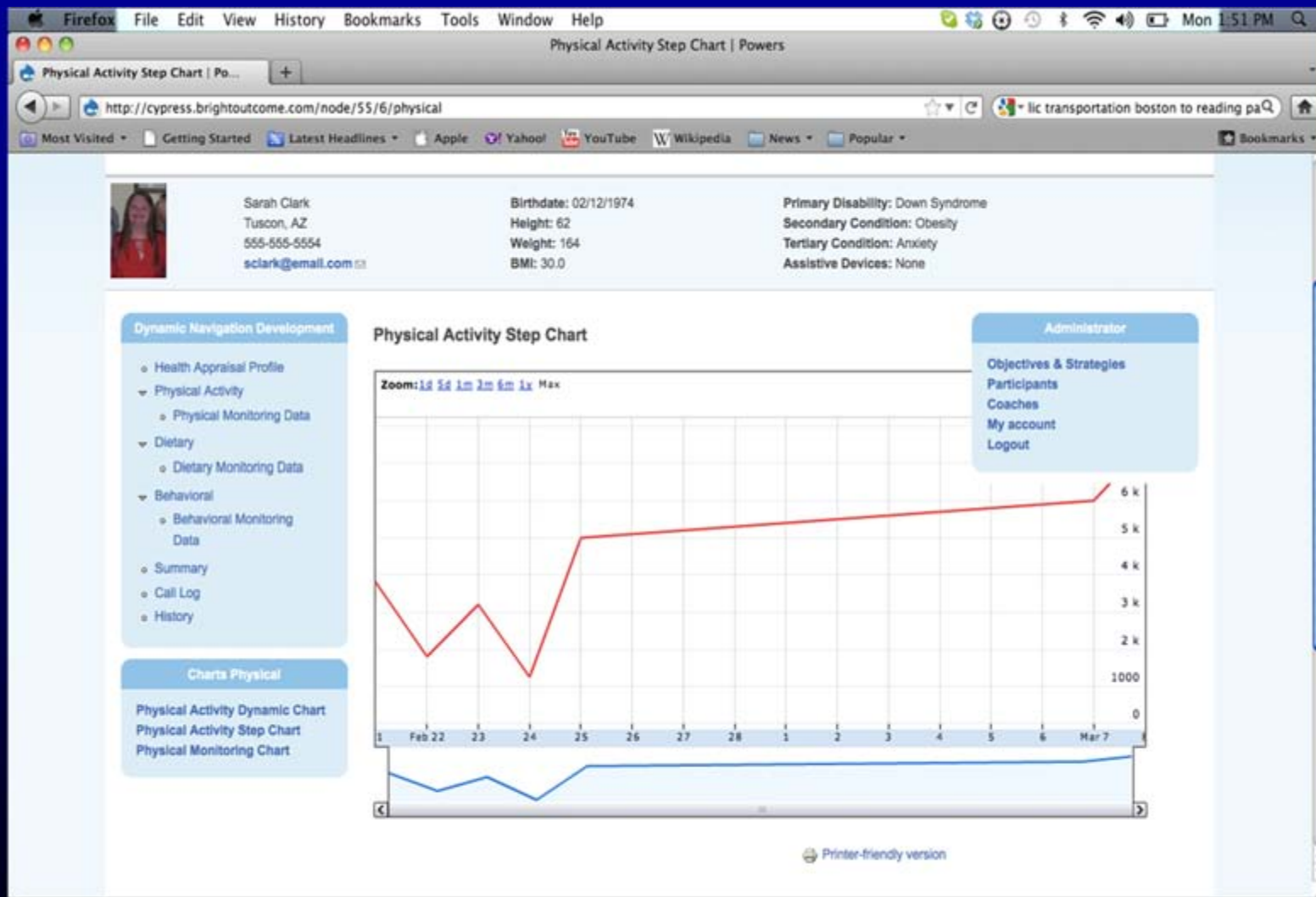
The "Participant Patient Profile" section has several tabs: "Demographic", "Disability and Function", "Chronic Health", "Physical Activity", "Physical Activity Barriers", and "Nutrition & Weight". The "Chronic Health" tab is currently selected.

Under the "Chronic Health" tab, there are four questions with radio button options:

- Are you interested in becoming more physically active?:
  - Yes
  - No
- Do you currently engage in any exercise or leisure time physical activity?:
  - Yes
  - No
- Do you currently engage in any household activities?:
  - N/A
  - Yes
  - No
- Do you currently engage in any outdoor activities?:
  - N/A
  - Yes
  - No

At the bottom, there is a partially visible question: "Do you currently receive physical or occupational Therapy:".

# Steps-Per-Day Chart



# Calorie Intake Chart



# Objectives Summary

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Summary | Powers

Summary | Powers

http://cypress.brightoutcome.com/summary/2

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Dynamic Navigation Development

- Health Appraisal Profile
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  - Dietary Monitoring Data
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  - Behavioral Monitoring Data
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- Call Log
- History

### Summary

All Active Completed

Printer-friendly version

Goals:

| Goals   | Strategies  | Goal Notes               | Status                                | Results                                  | Type       | Objective Status |
|---|---|--------------------------|---------------------------------------|--|------------|------------------|
| Reduce stress                                   | Accept things you cannot change or control  |                          | In Progress                           |  | Behavioral | Active           |
| Increase hours sleeping (min/hour, days/wk)     | Increase sleeping time  |                          | In Progress                           |  | Behavioral | Active           |
| Follow healthy grocery shopping techniques      | Plan ahead with the weekly advertisement<br>Plan ahead with the weekly advertisement  |                          | In Progress                           | Successful                               | Dietary    | Completed        |
| Fruit and/or vegetable servings (daily, weekly) | Use a smaller plate, bowl, or glass<br>Use a smaller plate, bowl, or glass  |                          | In Progress                           |  | Dietary    | Completed        |
| Physical activity minutes (daily/weekly)        | Buy a new set of exercise clothes you feel comfortable in<br>Buy used exercise equipment<br>Buy used exercise tapes or rent from your local library | Physical Activity Daily  | In Progress<br>Completed<br>Completed | Successful<br>Unsuccessful<br>Successful | Physical   | Active           |
| Engage in specific activity (type, times/week)  | Practice positive self-talk   | These are notes for goal | In Progress                           |  | Physical   | Active           |
| Reduce sedentary time                           | Use things around the   |                          | In Progress                           |  | Physical   | Active           |

Administrator

- Objectives & Strategies
- Participants
- Coaches
- My account
- Logout

Calendar

June

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    | 1  | 2  | 3  | 4  |
| 5  | 6  | 7  | 8  | 9  | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 |    |    |

# Participant Call Log

The screenshot shows a Firefox browser window displaying a web application. The address bar shows the URL <http://cypress.brightoutcome.com/appointments/2>. The page has a navigation menu with 'Objectives & Strategies', 'Participants', and 'Coaches'. A dropdown menu is open under 'Participants'. The main content area displays a profile for Sarah Clark, including her photo, contact information, and medical details. A sidebar on the left contains a 'Dynamic Navigation Development' menu. The main content area also features an 'Appointments Page' section with a list of appointments. On the right, there is an 'Administrator' menu and a 'Calendar' widget for the month of June.

Firefox File Edit View History Bookmarks Tools Window Help

Appointments Page | Powers

Appointments Page | Powers


<http://cypress.brightoutcome.com/appointments/2>

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Objectives & Strategies Participants Coaches

Participants

 Sarah Clark  
Tucson, AZ  
555-555-5554  
sclark@email.com

Birthdate: 02/12/1974  
Height: 62  
Weight: 164  
BMI: 30.0

Primary Disability: Down Syndrome  
Secondary Condition: Obesity  
Tertiary Condition: Anxiety  
Assistive Devices: None

Dynamic Navigation Development

- Health Appraisal Profile
- Physical Activity
  - Physical Monitoring Data
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  - Dietary Monitoring Data
- Behavioral
  - Behavioral Monitoring Data
- Summary
- Call Log
- History

Appointments Page

Printer-friendly version

[Add Appointment]

- Appointments - 06/02/2011 - 7:29am
- Appointments - 06/02/2011 - 7:31am

Administrator

- Objectives & Strategies
- Participants
- Coaches
- My account
- Logout

Calendar

June

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    | 1  | 2  | 3  | 4  |
| 5  | 6  | 7  | 8  | 9  | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 |    |    |

# History for Notes

The screenshot shows a Firefox browser window with the address bar at <http://cypress.brightoutcome.com/history/2>. The page title is "History | Powers". The browser's bookmark bar includes "Most Visited", "Getting Started", "Latest Headlines", "Apple", "Yahoo", "YouTube", "Wikipedia", "News", and "Popular".

The main content area has a navigation bar with "Objectives & Strategies", "Participants", and "Coaches". Below this is a dropdown menu for "Participants" and a profile card for Sarah Clark.

**Participant Profile:**

- Name:** Sarah Clark
- Location:** Tuscon, AZ
- Phone:** 555-555-5554
- Email:** sclark@email.com
- Birthdate:** 02/12/1974
- Height:** 62
- Weight:** 164
- BMI:** 30.0
- Primary Disability:** Down Syndrome
- Secondary Condition:** Obesity
- Tertiary Condition:** Anxiety
- Assistive Devices:** None

**Dynamic Navigation Development:**

- Health Appraisal Profile
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**History:**

[Printer-friendly version](#)

| Date  | Status | Coach           | Action               |
|---|--------|-----------------|----------------------|
| 06-20-2011-Sarah Clark  | active | Coach: Lindsay2 | <a href="#">view</a> |
| Critical appraisal skills are believed to play a central role in an evidence-based approach to health practice. The aim of this study was to evaluate the effectiveness and costs of a critical appraisal skills educational intervention aimed at health care professionals. |        |                 |                      |
| 06-21-2011-Sarah Clark  | active | Coach: Lindsay2 | <a href="#">view</a> |
| 8AM call. Sarah's mom reports positive outcome and renewed interest in activities. May join park district rec B-ball team.  |        |                 |                      |
| 06-26-2011-Sarah Clark  | active | Coach: Lindsay2 | <a href="#">view</a> |
| 10:30AM phone call review. Progress with increased activity   |        |                 |                      |
| 4:30PM note: get detail of activity   |        |                 |                      |

**Administrator:**

- [Objectives & Strategies](#)
- [Participants](#)
- [Coaches](#)
- [My account](#)
- [Logout](#)

**Calendar:**

June

| S  | M  | T  | W  | T  | F  | S  |   |
|----|----|----|----|----|----|----|---|
|    |    |    |    | 1  | 2  | 3  | 4 |
| 5  | 6  | 7  | 8  | 9  | 10 | 11 |   |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |   |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |   |
| 26 | 27 | 28 | 29 | 30 |    |    |   |

# Summary of Good Health

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- Exercise
- Diet
- Nature
- Relationships
- Recreation & Enjoyable Activities
- Relaxation & Stress Management
- Religious & Spiritual Involvement
- Contribution & Service

# What the Mind Profoundly Expects It Tends to Receive

# Thank You

James H. Rimmer [jrimmer@uic.edu](mailto:jrimmer@uic.edu)