

Small Changes for Health 2006

Week 24



Stop to smell the roses!



When is the last time you took some time for yourself? Work before play is a great motto to live by, unless of course you forget to play. Taking time for yourself provides you the following benefits: a reduced stress level, a revitalized spirit, and a renewed outlook on life. Taking time to enjoy yourself can give you a more positive outlook on life, which those around you will appreciate. We all lead busy lives, but making time for ourselves is an important part of being mentally, physically, and spiritually healthy and whole. So this week, take some time to do something you enjoy.

Your Small Change: For this week, make sure that you do something you enjoy.

Check off the days you complete this activity below:

Table with 7 columns: Sunday, Monday, Tuesday, Wednesday, Thursday, Friday, Saturday.

If you need more information about this program, this subject or some assistance or suggestions on how to make this change, please visit Health Promotion in room 910 or call us at 314/612-5400, 5419 or 5163. You can also retrieve the supporting Small Changes for Health handouts online by visiting the City of St. Louis Department of Health web page.

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Follow-Up: Week 24

Your Small Change: For this week, make sure that you do something you enjoy.

1. How many days did you do this activity? (Circle number of days below)

1 2 3 4 5 6 7

2. How hard was it to accomplish? (Check your answer below)

Very Easy Somewhat Easy Neutral Somewhat Hard Very Hard

3. Is this a change you think you can continue? (Check your answer below)

Yes No

4. Other Comments:

Horizontal lines for writing other comments.

Please return the bottom half of this form to Health Promotion in Room 910, at the end of this week.

