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Improving Your Well-Being

How Attitude and Exercise Connect

Notice how your mood improves and personal energy increases after exercise. Also notice how proactive you feel in making decisions. Lack of exercise and sluggishness can inhibit motivation to take action on projects important to you. They can inhibit creativity, reduce productivity, and lessen your desire to resolve work problems. Once you see and feel this "exercise – attitude" connection, and observe yourself getting more done, your desire to exercise regularly may dramatically increase. Getting fit takes time, but the emotional effects of exercise can often be spotted almost immediately. Discover them today.

Prevent a Decline in Well-Being in Later Years

Personal well-being naturally declines in the senior years. But new research demonstrates that you can ease it back and slow it down. The key is remaining socially oriented and involved by leading a socially active life and prioritizing social goals. Healthy social behaviors are directly associated with better late-life well-being, less pronounced late-life decline, and a later onset of terminal decline. Research shows the opposite is also true (good research tries to show the inverse relationship): life style behaviors void of social prioritizing and not placing a high value on social engagement means a steeper and rapid decline in well-being.

Protect Your Eyes at Work

If you have both eyes, you may not give much thought to the risk of losing your eyesight from an accident. Loss of vision is more likely to come from an accident at home or work. Sixty percent of eye injuries at work would be eliminated if eye protection were used properly. If your job puts your eyesight at risk, be sure you're not using faulty or improperly fitted safety glasses with missing straps, scratched-up lenses, and broken parts. Ignoring faulty equipment can lead to its not being used at all. These associated problems also account for a significant percentage of eye injuries.

Stay Safe with Situational Awareness

"Situational awareness" is a skill learned in professions such as law enforcement and the military, or in activities like riding a bike. When you are "situational aware," you consciously pay attention to what is happening in your immediate vicinity in order to more quickly spot threat to your safety. This helps you respond sooner. Situational awareness can protect you from becoming a victim of a crime. Leaving your workplace alone at night or walking in an isolated parking lot are examples of where situational awareness may protect you from an attack or circumstances that may place you at greater risk. You can practice situational awareness almost anywhere. When walking down a sidewalk, take a few moments to notice details, colors, people, small objects, and changes in the environment. Periodically practicing this exercise may prompt you to use situational awareness when it will be most beneficial.

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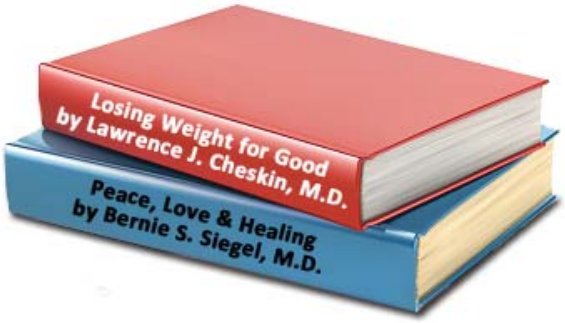
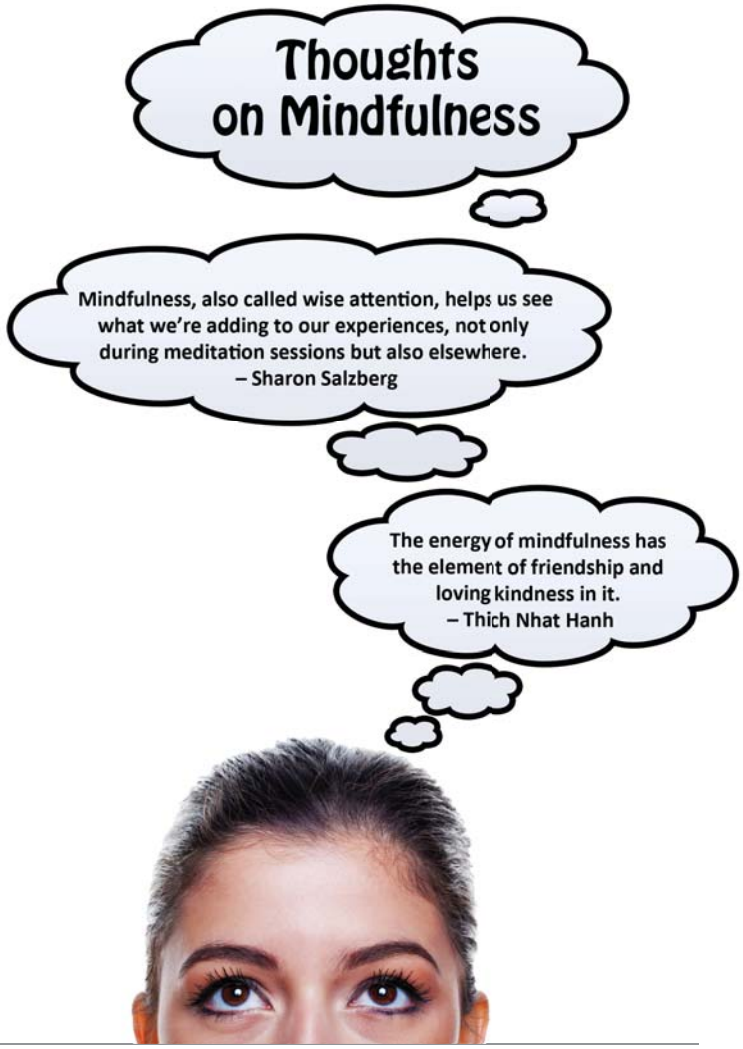
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