

## Living Well Café Cart

Today's Menu:

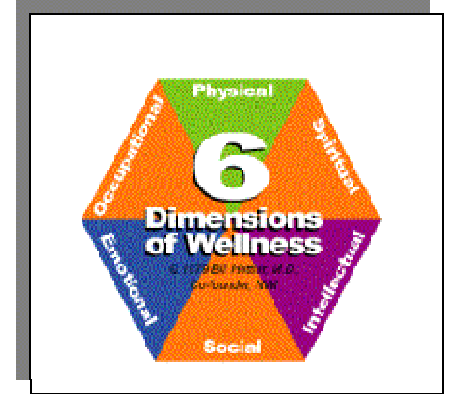
### ***Environments of Support***

### **Set Yourself Up for Success**

*because the environment always wins...*

**Environments include:**

- People you hang around with
- Respectful boundaries
- Places you spend your time in
- Things, objects, toys - for distraction or inspiration
- Time, scheduling, habits, perceptions of plenty or lack
- Physical well being, actions and obstacles
- Social well being strategies
- Intellectual well being, brain stimulation
- Spiritual well being, peace, purpose
- Occupational satisfaction and well being
- Financial, money attitudes and how you spend it
- Emotional well being, feeling good, happy, healthy



### **Table Talk**

**The Art of Living Well: Set yourself up for success**

1. If your environment is to more fully **support** your well-being, what are some *environmental* improvements or changes you need to make?
2. What are three *environment-related* things you are doing regularly that do not serve or support you?
3. Create a *living-well plan*...and make it EASY (Energizes And Satisfies You).