

Tips for Living Well

*Tara Solomon-Smith - Family and Community Wellness Agent
March 2023*

K-STATE | Southwind District
Research and Extension

Health is a lot more than how one looks and feels. Conversations about health should include all eight dimensions or areas of wellness—that is mental, social, emotional, spiritual, financial, occupational, environmental, and intellectual. That’s the focus of Living Well Month, a national event in March promoting overall wellness and the education provided by Family and Consumer Sciences professionals to improve the lives of people, families, and communities.



Whether you are trying to manage your diabetes through meal planning and exercise, make decisions about health care and insurance, or get tips on effective parenting techniques, Extension can help.

You can find a calendar with daily ways to implement wellness at www.southwind.ksu.edu. To make every month a “Living Well Month,” consider these tips:

1. Engage children in at least 60 minutes of physical activity on most days of the week. Adults need at least 30 minutes of physical activity. Play sports or recreational games, turn on some music and dance, hula hoop, or make an obstacle course. All movement counts!
2. Start planning a garden now to work in the spring and summer. Gardening is great physical activity. This activity can also nurture your mental and environmental wellness.
3. Rethink your drink. The average adult human body is approximately 60 percent water. Water regulates every living cell’s process and chemical reactions. Limit those sugary drinks.
4. Eat colorful fruits and vegetables every day. Have a sliced banana on cereal for breakfast. Enjoy a sandwich loaded with vegetables at lunch. At dinner, steam some vegetables and prepare a fruit parfait with yogurt for dessert. See www.choosemyplate.gov for more information about nutrition for yourself and members of your family.
5. Read, read, read. Go to the library and check out books. Keep the mental stimulation flowing throughout the year regardless of your age.
6. Talk to a friend or start a journal to get your thoughts and feelings off your chest. Staying in check with emotional health can be tough, but it’s important.
7. Check out parenting, finance, nutrition and/or food preparation resources at <https://www.southwind.k-state.edu/home-family/>.
8. Maintain a healthy home. Check that your smoke detector is working correctly and test for the presence of Radon. Avoid accidental poisonings by keeping medications locked up, and cleaning agents and other poisons out of reach of children.
9. Keep your family finances in check. Track your expenses and update your budget regularly. Creating and sticking to a budget, along with paying of debt are great first steps to financial wellness.

All eight of the dimensions or areas of wellness are connected and support each other. Evaluate your overall wellness and take small steps to improve your health during Living Well Month and all year long. For more information, contact Tara Solomon-Smith, tsolomon@ksu.edu, or by calling 620-244-3826.