



PERSONAL HEALTH

Resources



Time for YOU.

Personal Health is the ability to take charge of your health by making conscious decisions to be healthy. It not only refers to the physical well-being of an individual but it also comprises the wellness of emotional, intellect, social, economical, spiritual, and other areas of life.

As a family physician, you provide resources and advice on many personal health topics to your patients, but do you apply those same sentiments to yourself? Now's the time to invest in you.

The following pages are a compilation of tools and resources to support your personal health journey. Pages include:

- Mindfulness & Meditation
- Physical Exercise
- Lifestyle Medicine
- Nutrition
- Sleep & Habit Resources
- Gratitude
- Books, Apps, Podcasts, & Videos

Mindfulness & Meditation

[OAFP Yoga Series](#)

OAFP resident member, Dana Maxwell, DO, guides viewers through three yoga and meditation videos.



- [30-Minute Lunch Time Yoga Session](#)
- [Meditation for a Calm Heart](#)
- [Simple Stretches to Incorporate Into Your Work Day](#)

Mindfulness Webinars

- [Meditation for Emotional Well-Being](#)
- [Mindfulness: Cultivating a Clearer Mind](#)
- [Meditation and Mindfulness for Emotional Well-Being](#) (1.0 CME Credit)
- [Balancing It All](#) (1.0 CME Credit)

Additional Resources

- [AAFP Physician Health First: Practice Self-Care](#)
- [Creative Meditation and Manifestation: Using Your 21 Innate Powers to Create Your Life](#) by Amara Honeck
- [The Power of Now](#) by Eckhart Tolle
- [How Meditation Changes the Brain and Body](#)
- [Meditation Programs for Psychological Stress and Well-Being](#)
- [Mindfulness Meditation May Ease Anxiety, Mental Stress](#)
- [Scientific Benefits of Meditation - 76 Things You Might be Missing Out On](#)
- [Little Book of Mindfulness: 10 Minutes a Day to Less Stress, More Peace](#) by Patricia Collard
- [The Proactive Twelve Steps for Mindful Recovery](#) by Serge Prengel
- [Bounce Back Project: Mindfulness & Self-Care](#)
- [The Daily Stoic Email](#) This daily email will help you cultivate strength, insight, and wisdom necessary for living the good life. Every word is based on the two-thousand plus year old philosophy that has guided some of history's greatest men and women.

Physical Exercise

As family physicians, you know what you need to do to be physically active. However, your own exercise or activity routine may be one of the first things you take off the list when the 8 hour workday turns into 16 hours, or life simply gets hectic. We get it. But, we encourage you to invest in you and get back to that routine. Below are a few resources to help with that process. Whether it's a 10-minute stretch break at the desk or an hour-long, high-intensity workout before work, let's get those bodies moving! And to help get you motivated, here is *Time Magazine's* [50 of the Best Workout Songs to Get You Motivated](#).

- [Creating Emotional Energy Through Physical Exercise Webinar](#)
- [13 Mental Health Benefits of Exercise](#)
- [The Exercise Effect](#)
- [Exercise and Anxiety](#)
- [Exercise and the Brain](#)
- [How Exercise Rewires Your Brain](#)
- [Exercise is Medicine](#)
- [Fitness program: 5 Steps to Get Started](#)
- [30 Office Exercises to Try Right Now](#)

OAFP Wellness Week Physical Challenge!

Let's do it together! We challenge you to complete 10K steps or 30 minutes of intentional activity of your choosing each day of Wellness Week, you choose but get moving! Hit your goal for the day, check it off on the tracker.

Submit a copy of your [Wellness Week Tracker](#) to [Kaitlin McGuffie](#) by **Friday, August 20**, to be entered to win an OAFP logo item!

PYRAMID WORKOUT

250 REPS

Level	Exercise	Reps
5	jumping jacks	50
4	high knees	40
3	mountain climbers	30
2	squats	20
1	plank jump ins	10

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office

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes

Exercise	Reps
chair squats	20
chest squeezes	20
criss-cross arms	40
leg extensions	40
chair body lifts	10
knee pull-ins	10
oblique bends	20

Lifestyle Medicine

Information from the AAFP's [New Tools Guide Lifestyle Medicine Integration for FPs](#):

“From recommending changes in diet and exercise levels to promoting stress management and other aspects of self-care, lifestyle medicine is an integral practice component for many family physicians. For several years, in fact, [the Academy's lifestyle medicine member interest group](#) has provided members with an online community where they can network, share practice tips, and work together to improve patient health.

Now, a new series of lifestyle medicine resources is available for AAFP members courtesy of a grant from the Ardmore Institute of Health. The first two items – a free online CME program titled [Incorporating Lifestyle Medicine Into Everyday Practice](#) and an accompanying [lifestyle medicine implementation guide](#) of the same name – were recently published on AAFP.org and provide members with clinically relevant information on the topic, along with the opportunity to earn CME credits in the process.

“Lifestyle medicine is foundational to improving the health and well-being of all patients,” said Jonathan Bonnet, MD, MPH, CAQSM, who served as an author and advisor on the project.

“When dosed appropriately, it's one of the most efficacious treatments we have to prevent, treat, and reverse chronic disease. It's suitable for all ages and can be made accessible to everyone,” continued Dr. Bonnet.

To learn more from Dr. Bonnet, check out the Wellness Wednesday session he led, [Lifestyle Medicine: Healthy Habits to Improve Your Well-Being](#).

More Resources

- [AAFP Lifestyle Medicine Implementation Guide](#)
- [American Board of Lifestyle Medicine](#)
- [American College of Lifestyle Medicine](#)
- [Lifestyle Medicine Handbook](#)
- [Lifestyle Medicine is My Prescription for Better Health](#)
- [Familydoctor.org](#)
- [AAFP Healthy Lifestyle Webpage](#)

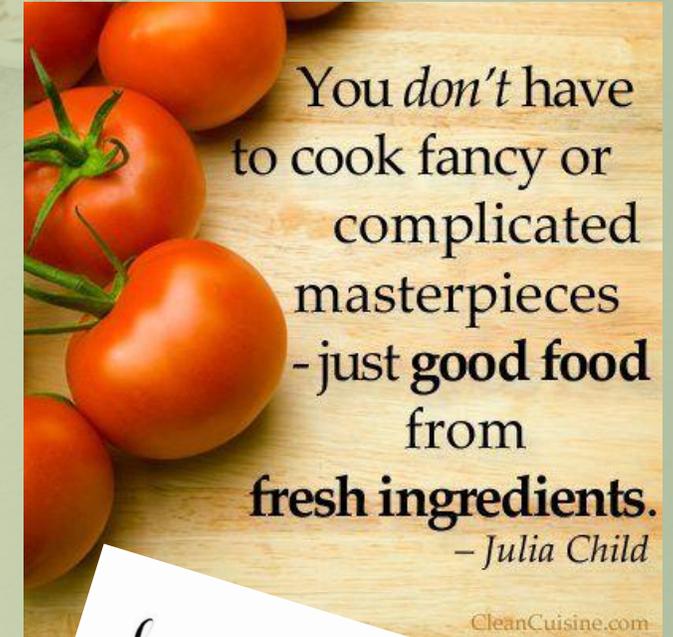
Nutrition



Nutrition Resources

- [You Are What You Eat Webinar](#)
- [Establish Healthy Eating Habits](#)
- [2015-20 Dietary Guidelines for Americans](#)
- [Nutrient Recommendations: Dietary Reference Intakes](#)
- [Nutrition Guide for Physicians](#)
- [Web-Based Resources for Medical Nutrition Education](#)
- [MyPlate](#)

Personal Health Resources



Sleep

- [Assess and Improve Your Sleep](#)
- [12 Simple Tips to Improve Your Sleep](#)
- [American Sleep Association](#)
- [Sleep Tips: Six Steps to Better Sleep](#)
- [Master Class: Matthew Walker Teaches the Science of Better Sleep](#) (subscription required for full video)
- [Why We Sleep](#)
- [Why Sleep is Important](#)

"I fear not the man who has practiced 10,000 kicks, but I do fear the man who has practiced one kick 10,000 times."
-Bruce Lee

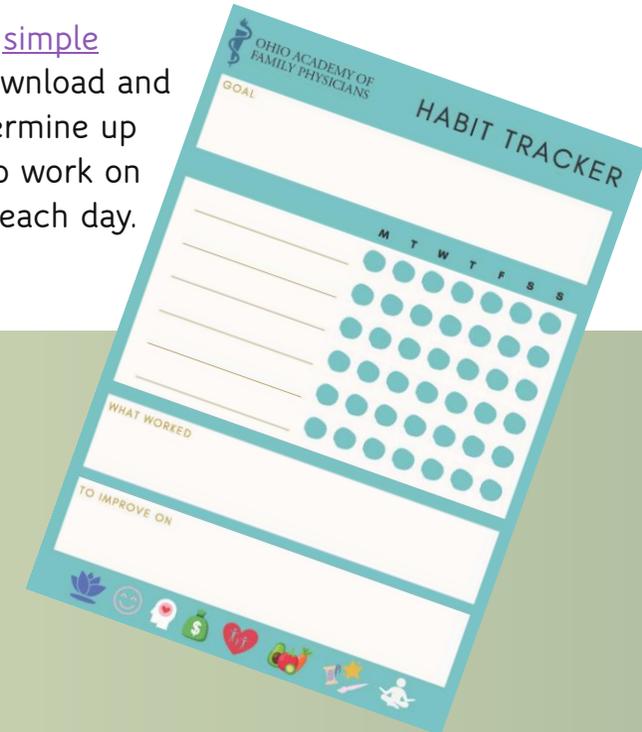
Sleep & Habit Resources

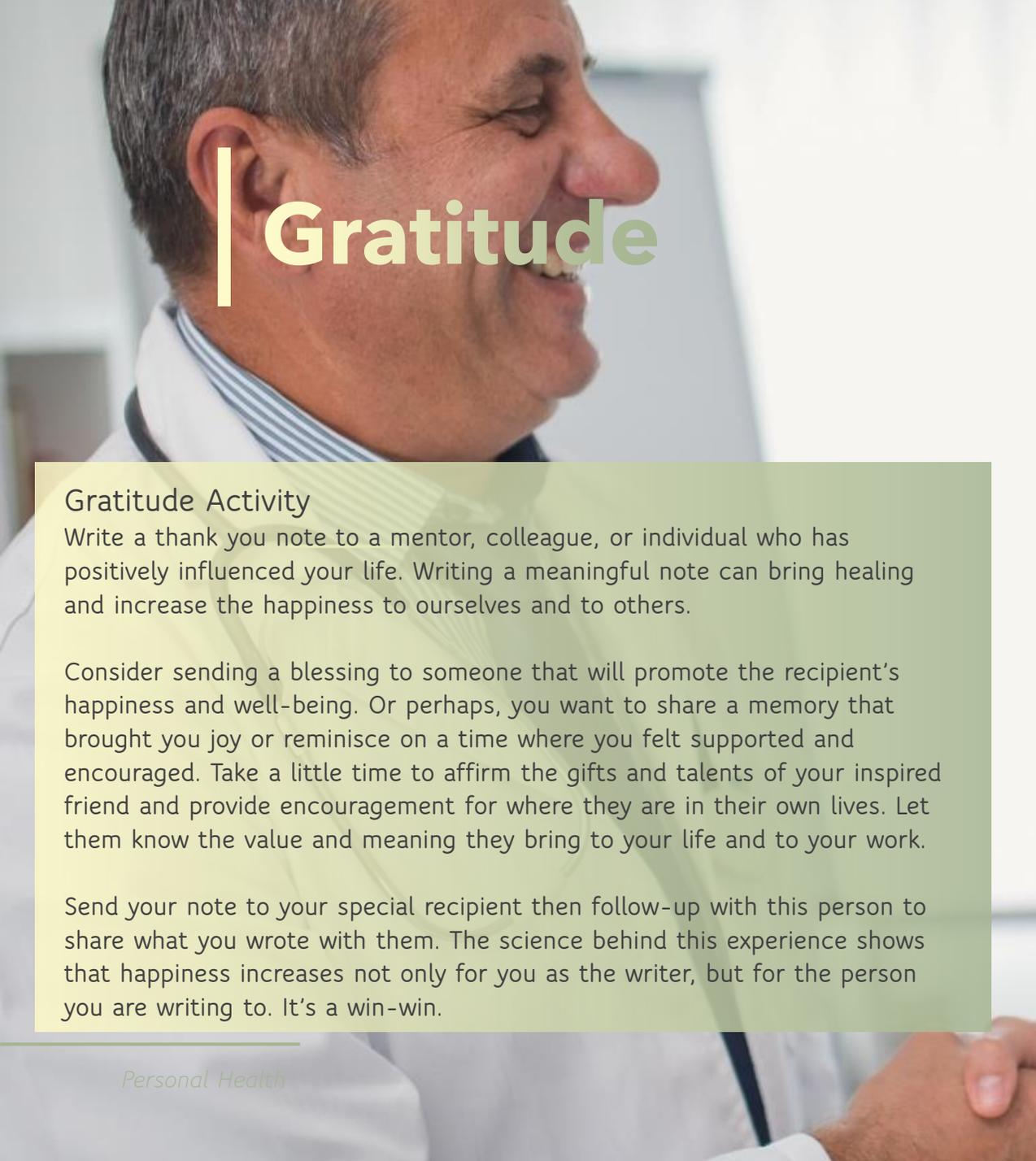
Personal Health Resources

Habits

- [20 Daily Affirmations to Improve Your Life Through the Power of Positivity \(Really!\)](#)
- [31 Quotes to Inspire Good Habits](#)
- [Habits: How They Form And How To Break Them](#)

The OAFP has created a [simple habit tracker](#) you can download and utilize as you need. Determine up to six habits you'd like to work on and track your progress each day. You've got this!





Gratitude

Gratitude Activity

Write a thank you note to a mentor, colleague, or individual who has positively influenced your life. Writing a meaningful note can bring healing and increase the happiness to ourselves and to others.

Consider sending a blessing to someone that will promote the recipient's happiness and well-being. Or perhaps, you want to share a memory that brought you joy or reminisce on a time where you felt supported and encouraged. Take a little time to affirm the gifts and talents of your inspired friend and provide encouragement for where they are in their own lives. Let them know the value and meaning they bring to your life and to your work.

Send your note to your special recipient then follow-up with this person to share what you wrote with them. The science behind this experience shows that happiness increases not only for you as the writer, but for the person you are writing to. It's a win-win.

Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships. People feel and express gratitude in multiple ways. How will you implement gratitude in your day?

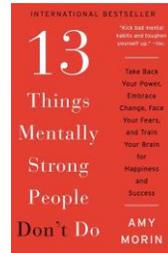
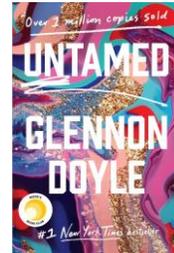
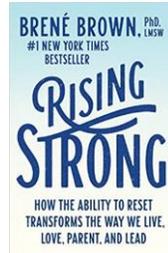
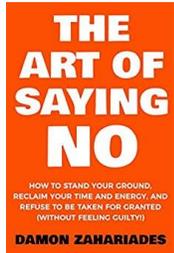
Wellness Week Challenge: Every morning or evening, take 5 minutes to note the top three things you are grateful for, it can be big things or the smallest detail from the day - what made you smile and reflect on that. Don't forget to check it off on your [tracker](#).

Gratitude Tools

- [365 Days of Wonder: Mr. Browne's Precepts](#)
- [Choose Kind Journal: Do One Wonderful Thing Every Day](#)
- [Tool: Writing for Happiness](#)
- [An Experiment in Gratitude: The Science of Happiness](#)
- Five Minute Journal (app; [iTunes/Android](#))
- Gratitude Journal 365 (app; [iTunes/Android](#))
- [Mastering the Art of Gratitude Webinar](#)
- [Gratitude Is Good: Why It's Important and How To Cultivate It](#)
- [31 Benefits of Gratitude: The Ultimate Science-Backed Guide](#)

Books, Apps, Podcasts, & Videos

Books



Apps

- [Waking Up](#)
- [Quick Wisdom from The Power of Vulnerability](#)
- [Headspace](#)
- [Calm](#)
- [Sworkit](#)
- [Myfitnesspal](#)

- [Noom](#)
- [Healthy Out](#)
- [Nutrition Lookup](#)
- [Master Class](#)
- [Zombies, Run!](#)
- [C25K](#)

Podcasts & Videos

- [OAFP Bite-Sized Learning Sessions](#)
- [A Very Happy Brain](#)
- [The Secret of Becoming Mentally Strong](#)
- [TED Podcasts](#)
- [Dishing Up Nutrition Podcast](#)
- [The Doctor's Kitchen Podcast](#)
- [Happier with Gretchen Rubin Podcast](#)
- [Kwik Brain Podcast](#)
- [Hidden Brain](#)
- [Being Vulnerable about Vulnerability: Q&A with Brené Brown](#)
- [Canadian Medical Association Journal Med Life Podcast](#)



Disclaimer

Resources shared in this packet do not represent the OAFP. Materials shared were cultivated and vetted by a volunteer physician workgroup. Resources included should serve as a starting point to build from.