

SUCCESSFUL AGING AND WELL-BEING WORKBOOK



Facilitator Reproducible Sessions
for Motivated Behavior Modification

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Successful Aging and Well-Being Workbook - Facilitator Reproducible Sessions for Motivated Behavior Modification



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The Successful Aging and Well-Being Workbook is designed to help your clients enhance their existing successful aging behaviors and develop new attitudes about that will improve the quality of their lives as they age. Recommendations will be wanted to enhance their current life. Recommendations will promote a wholesome nurturing network of family and friends that can be called on for support and ways to give support to them. The purpose of this book would be to help people explore the positive aspects of life that may make aging a more meaningful and successful experience. The seven sections of this workbook include: Section 1 Standard of living: This chapter can help participants explore and understand the current quality of their life. The assessments, actions, and exercises in this workbook, will help your customers set effective successful aging and well-being goals, and help them move forward to living a wholesome existence. Section 2 Emotional Agility: This chapter can help individuals examine how they are feeling, how satisfied they're, and how hopeful they are about the near future. Section 7 Productive Ageing: This chapter helps individuals explore their use of period and how productive they feel. Section 3 Healthy Way of life: This chapter will help participants gauge how healthful their current lifestyle is. Section 4 EVERYDAY LIVING: This chapter will help participants explore how well they are functioning daily. Recommendations will be produced for ensuring proper sleep, nutrition, and exercise. Suggestions will be offered to accentuate ways of functioning better. Section 5 Love of life: This chapter will help participants explore what sort of sense of humor and laughter can launch physical, emotional and mental health advantages for themselves and individuals around them. Section 6 Public Connections: This chapter will help participants explore how socially active and effective they're. Many people focus on the negative areas of aging as opposed to the strengths of living in the present and planning for the near future. Suggestions will end up being offered to improve their emotional well-being. Recommendations will be provided to enhance work, volunteer, educational, and fun actions. All of the worksheets, assessments, and activities are reproducible for your convenience.



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