

WILD 5 Wellness™

Wellness Interventions for Life's Demands



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WELCOME TO THE WILD 5 WELLNESS PROGRAM

Welcome to the *WILD 5 Wellness Program*! We're very excited you are going to spend 30 days focusing intensively on improving your personal wellness. We're happy to report that this program has been helpful for many people. Welcome on board!

We know that each of the five wellness interventions (exercise, mindfulness, sleep, social connectedness and nutrition), practiced individually, leads to overall improvements in wellness. We wondered if combining these five elements into a single wellness program would lead to even better results? The answer is – YES! When combined, all five wellness elements lead to the best results.

Below are directions on how to get started along with some helpful tips and general information about the WILD 5 Wellness Program:

1. Review the WILD 5 Wellness Workbook to familiarize yourself with the program. Each of the WILD 5 Wellness elements has a dedicated section in the WILD 5 Wellness Workbook describing what each element requires you to do each day.
2. Before beginning the program, take some time to think about how you will incorporate these wellness practices into your daily routine. Review the Preparation To-Do List because a little pre-planning goes a long way.
3. Perfection is not the goal. Do your best to practice the five wellness interventions and the HERO exercises daily. If you struggle along the way and miss a day or two, don't throw in the towel. Resume your wellness practices and don't be too hard on yourself. Change is never easy. Just do your best.
4. During the 30-day WILD 5 Wellness Program, you will complete all five of the wellness interventions and the HERO exercises daily.
5. Document your progress each day using the Participant Tracking Form located in your WILD 5 Wellness Workbook. Daily tracking is critical to the success of the program.
6. Remember, this is a 30-Day commitment. Do your best to identify your barriers and create solutions proactively.



WILD 5 Wellness: A 30-Day Program Preparation To-Do List

PLEASE CHECK OFF EACH ITEM AS COMPLETED

- Review Exercise Element
- Review Mindfulness Element
- Review Sleep Element
- Review Social Connectedness Element
- Review Nutrition Element
- Inform family member(s)/friend(s) about participation in the program to gain support and encouragement
- Have a good pair of walking/running shoes
- Review options as to type of exercise and time of day for exercise. You may want to consider putting this on your calendar with reminder alerts.
- If using a smartphone app to log your food, download the app and become familiar with its features
- Access the WILD 5 Mindfulness Meditations at www.WILD5meditations.com. You may download these meditations to your smartphone, computer, iPad, or play them through your computer. Become familiar with the variety of mindfulness meditations you may use during the program. The options are outlined in the Mindfulness element in your workbook.
- Decide on time and location for your daily mindfulness practice. You may want to consider putting this on your calendar with reminder alerts.
- Review the MIND Diet recommendations making sure your pantry is adequately stocked with brain healthy foods. Remember the MIND Diet is only a recommendation and not a program requirement.
- Clear your kitchen of all unhealthy processed foods to avoid temptations
- Consider ways to eliminate all ambient light in your bedroom, i.e. blackout shades and/or sleep mask

THE HISTORY OF WILD 5 WELLNESS



WILD in WILD 5 Wellness is an acronym for **Wellness Interventions for Life's Demands**. The 5 in WILD 5 Wellness are the five wellness elements that include exercise, mindfulness, sleep, social connectedness, and nutrition.

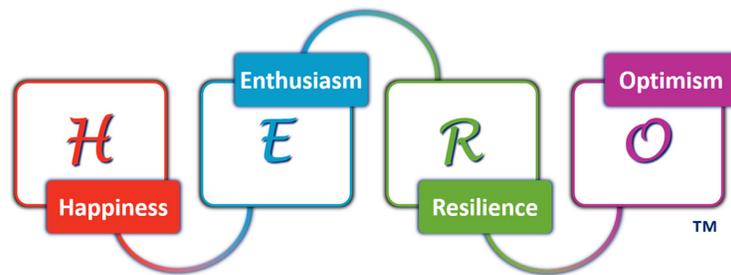
We know life can be stressful and can negatively impact your overall well-being. We believe these five wellness interventions, when practiced together, will prove beneficial to many.

WILD practices date back to our ancestors. These wellness interventions are nothing new as they have been around for many moons, and were part of our ancestors' daily lives. These wellness elements truly are ancient practices for modern times!

Below are a few examples of how ancient societies practiced WILD 5 Wellness:

1. **Exercise:** One had to expend energy to hunt and forage for food. It wasn't as simple as hopping into a car and swinging by a local drive-through. Exercise was part of their daily routine and a necessary component of survival.
2. **Mindfulness:** Hunter-gathers engaged in ritual dances resulting in altered states of consciousness – a way to connect with the spirits. Through these traditions, ancient societies engaged in a type of mindfulness practice.
3. **Sleep:** When the sun disappeared beyond the horizon and darkness fell, sleep was a natural response. There were no distractions like television, Facebook, online gaming, and smartphones to saturate their eyes with unnatural light and disrupt their circadian rhythms.
4. **Social Connectedness:** Family units equaled more people to hunt and forage resulting in a better chance of survival. There was safety and power in numbers. Groups stayed together in order to survive and prosper.
5. **Nutrition:** Ancient societies, particularly those from Mediterranean cultures, were known to eat foods rich in green leafy vegetables, fish, fruits, nuts, and olive oil. These eating practices supported optimum physical and mental health.

Why WILD 5 HERO Exercises Matter



HERO stands for **H**appiness, **E**nthusiasm, **R**esilience, and **O**ptimism. These four components are extremely important to a person's overall wellness. Please don't underestimate the power of these exercises.

As you begin these exercises, you'll notice there is quite a bit of overlap between the HERO components. As an example, happy people are often more enthusiastic, resilient, and optimistic. Strengthening one of the HERO components helps strengthen the others.

It's remarkable how each of the components of HERO - happiness, enthusiasm, resilience, and optimism – positively impact overall wellness:

- Linked to longevity
- Linked to a stronger immune system
- Mitigate pain
- Predict lower heart rate and blood pressure
- Predict lower rates of depression
- Linked to better physical wellbeing
- Linked to better coping skills

Given these benefits, spending 5-minutes a day strengthening your HERO muscle makes sense.

The HERO exercises are in addition to the WILD 5 Wellness daily practices of exercise, mindfulness, sleep, social connectedness, and nutrition. This may sound like a lot of work but remember these exercises only take about 5-minutes a day.

Find a time that works best to complete the HERO exercises. Put it on your calendar with reminder alerts. As you establish this practice, you will come to value this time of thoughtful reflection.

Here's to an invigorating HERO workout!

WILD 5 Wellness™

Wellness Interventions for Life's Demands

Participant Tracking Form

Start Date: _____

	Exercise: <i>Did I exercise today?</i>		Mindfulness: <i>Did I mindfully meditate 10 minutes today?</i>		Sleep: <i>Did I implement 4 or more of the 6 pro-sleep techniques last night?</i>		Connectedness: <i>Did I socialize today?</i>		Nutrition: <i>Did I log my meals, snacks, beverages, & alcohol today?</i>		HERO <i>Did I complete my HERO exercises today?</i>	
	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO
1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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10	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO

	Exercise:		Mindfulness:		Sleep:		Connectedness:		Nutrition:		HERO				
	Did I exercise today?	YES	NO	Did I mindfully meditate 10 minutes today?	YES	NO	Did I implement 4 or more of the 6 pro-sleep techniques last night?	YES	NO	Did I socialize today?	YES	NO	Did I complete my HERO exercises today?	YES	NO
16	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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30	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	YES		NO	YES		NO	YES		NO	YES		NO	YES		NO



WILD 5 Wellness Elements

- Exercise
- Mindfulness
- Sleep
- Social Connectedness
- Nutrition



30-DAY PROGRAM

Program Expectations

Exercise	Exercise 30-minutes each day for 30 days, aim for at least moderate intensity*
Mindfulness	Practice mindfulness 10-minutes each day for 30 days
Sleep	Implement 4 or more of the 6 pro-sleep practices each day for 30 days
Social Connectedness	Meet, call, or text at least two family members or friends each day for 30 days
Nutrition	Log your daily meals/snacks/beverages/alcohol for 30 days

* Consult your healthcare provider before starting any exercise program. If you're unable to reach 30-minutes of exercise per day or reach moderate intensity as you begin the program that is fine. Do whatever you're capable of doing. Base the amount of time you exercise and the intensity of your exercise on your physical capabilities.



EXERCISE

Program Expectation

Exercise 30-minutes each day for 30 days, aim for at least moderate intensity*

Thousands of studies show that regular exercise improves both mental and physical health. However, unless we exercise a 'certain' way, we simply won't get the best results. We'd like to introduce you to the **FID** model of exercise, which based on data is an effective form of exercise.

Let's briefly explore the FID principles. Science tells us that brain and mental health benefits occur only when we use a triple combination of these three strategies:

1. We must exercise **F**requently. This means, aim for seven days a week
2. The **I**ntensity of exercise must be at least moderately intense, otherwise brain benefits are less. You may be wondering what qualifies as moderately intense exercise. The easiest way to know you've achieved moderately intense exercise is when having a conversation with your workout buddy is difficult because you are winded
3. **D**uration of exercise requires that we exercise at least 30-minutes per day. If you want to exercise more, please do.

***Note about Intensity:** Even though we're recommending moderately intense exercise, please increase your intensity as you're able – you'll get better results! Adjust your exercise based on your physical capabilities. First and foremost, consult with your healthcare provider before starting any exercise program and secondly, base the amount of time you exercise and the intensity of your exercise on your physical capabilities. During the program, we encourage you to increase the duration and intensity of your exercise, as you're able. If you're unable to reach 30-minutes of exercise per day or reach moderate intensity as you begin the program, that is fine. Do whatever you're capable of doing. For those with physical limitations or a chronic pain condition, you may mark "Yes" to the question about exercise on the Participant Tracking Form if you've made an honest effort to exercise. We realize that some days, pain may prevent you from exercising – that is OK. Be kind to yourself along the way and do whatever you're capable of doing.

**TO BE FIT, YOU MUST FID!
The FID Principle of Exercise**

FID

Frequency:

7 out of 7 days

Intensity:

Aim for at least moderate intensity (*see * on previous page*)

Duration:

30-minutes (at least)**

***You may break this down into two 15-minute sections or three 10-minute sections. If unable to exercise the full 30-minutes at moderate intensity due to physical limitations, simply try and do your best.*

FAQ's:



1. Why is exercise part of the WILD 5 Wellness Program?

Exercise, if done 'correctly' leads to positive brain and body changes and is good for a person's mental health. There is ample data supporting each of these exercise-related changes. Including exercise as part of WILD 5 Wellness makes sense and offers participants a chance to reap the many associated benefits.

2. What type of exercise is recommended?

Before deciding on the type of exercise you'll be doing, be sure to consider any necessary modifications based on your health or physical restrictions. Given your physical capabilities, any of the following types of exercise are acceptable: walking, jogging, biking, tennis, swimming, weight lifting, aerobics, water aerobics, etc. This certainly is not an exhaustive list so feel free to add to it based on your interests and capabilities. You may want to mix things up a bit and do more than one type of exercise per week.

3. What if I'm already exercising and meeting the program's criteria for FID? Do I need to make any changes?

No, you do not need to make any changes. Just make sure you're meeting the principles of FID and keep up the good work!

4. What if I don't have time to exercise 30-minutes?

You can break down your 30-minutes of exercise into two 15-minute sections or three 10-minute sections.

Barriers To Success

Below are a few potential barriers along with suggested solutions:

Time – We suggest adding your exercise plan to your calendar and set reminder alerts to increase your chances of meeting your goals.

Physical Limitations – We encourage you to speak with your healthcare provider regarding your exercise plan. Based on your physical capabilities, adjustments may be necessary.

Weather – Always have a backup plan in case the weather turns ugly. If it's raining, too cold or too hot, drive to your nearest mall and get moving!

Low Motivation – Acknowledge your lack of drive/motivation as a common feeling when starting a new exercise routine. When you don't feel like exercising, do your best to make it happen - no matter what!

WILD 5 Wellness Words of Advice

Perfection is not the goal! Set your goals high and do your best every day. Be kind to yourself as you begin making these changes. Change is never easy. If you miss a day or two, shake it off, regroup, and begin again. Do not throw in the towel. Remember to track your daily exercise practices using the Participant Tracking Form.



MINDFULNESS

Program Expectation

Practice mindfulness 10-minutes
each day for 30 days

Mindfulness Meditations

During the WILD 5 Wellness Program, there are several options as to which mindfulness meditations to use including:

- WILD 5 Wellness Meditations (for those new to the practice)
- If you're already meditating, please continue your practice
- Online meditations apps

WILD 5 Wellness Meditations: Prior to beginning the program, please listen to meditations 1 through 6 to become familiar with each. You may use any combination of these meditations to fulfill the program expectations. The meditations are available online at: www.WILD5meditations.com. You may download these to your smartphone, computer, iPad, or play them through your computer.

1. Five-Minute Breathing Space (6:45)
2. Mindful Breathing (15:00)
3. Body Scan (15:00)
4. A Moment of Gratitude (9:58)
5. Happiness Meditation (11:37)
6. Pain Meditation (13:00)

Online Meditation Apps: There are many meditation apps available online so please research these options. To help you in your search, you may find these of interest:



STOP BREATHE & THINK
www.stopbreathethink.org

Scientific evidence has shown that you can develop kindness and compassion by focusing on these attitudes through the practice of mindfulness and meditation.

Highlights:

- Mindfulness, meditation, and compassion building tool
- Assess your current state and then provides a list of relevant meditations
- A variety of free meditations available

- Self-meditation timer
- iOS, android, and web versions available

HEADSPACE
www.headspace.com



Headspace was designed to demystify meditation. Using science and technology, this app makes meditation easy-to-learn and fun-to-do. It is described as a “gym membership for the mind”.

Highlights:

- Change your brain
- Helps with anxiety, depression, worry, stress, sleep, focus, addiction, and your immune system
- Daily guided meditations
- Motivational support
- Helpful daily reminders
- Subscription service
- Inspiring podcasts
- Available on iPhone and Android

THE MINDFULNESS APP

www.mindapps.se/themindfulnessapp



The Mindfulness App is a tool for increasing your awareness in life. It helps you with the most difficult aspect of mindfulness practice — *namely to remember to be mindful*. With guided mindfulness exercises and a variety of helpful tools, this app makes it easy to start practicing mindfulness.

Highlights:

- Be guided by a voice or practice in silence with bells ringing at different times
- Set meditation reminders and receive a message when it’s time to meditate
- Design your own meditations

Practice Recommendations

1. Find a place to meditate: Select a quiet and comfortable place to ensure no interruptions. Notify your family and friends that you’ll be unavailable during this time. Phones are a common barrier so leaving it in another room or on silent may be an effective option.

2. Select your sitting equipment: There are three options – chair, firm cushion on the floor, or a meditation bench. Please investigate each of these options and select your favorite.
3. Decide when you will meditate: You may want to meditate at the same time each day. Time is the most common barrier so setting aside a specific time may be helpful.
4. We encourage you to find a time that meets your schedule needs. Add this to your calendar with alert reminders.

Adapted from: Teasdale J., Williams M. and Segal Z. (2014) *The Mindful Workbook*. New York, New York: Guilford Publications, Inc.

FAQ's



1. Why is Mindfulness part of the WILD 5 Wellness Program?

Mindfulness is all over the news these days but there is exceptionally solid evidence for its effectiveness in improving overall mental and physical wellness. There is now convincing evidence that those that regularly practice mindfulness can change the size and functioning of their brains! Mindfulness also alters and improves immune functioning. Best of all, regular mindfulness practice makes us more resilient and improves our wellbeing. It's a star member of the WILD 5 Wellness Program!

2. I have never practiced Mindfulness. I'm too intimidated to begin. How do I get started?

You're not alone - we completely understand! Please know that despite these hesitations, anyone can begin and grow a mindfulness-based practice. You have several options regarding which guided meditations to use:

- WILD 5 Wellness Meditations (for those new to the practice)
- If you're already meditating, please continue your practice
- Online meditations apps

3. Is there a right or wrong way to practice Mindfulness?

You'll be glad to know that it is not possible to practice mindfulness a right or wrong way. Your mind may frequently wander during some practices and less during others. This doesn't make one practice better than another – they simply are what they are. Keep in mind that one element of mindfulness is being non-judgmental. The mind wandering is in fact what the mind does quite naturally. It is not a sign of doing the practice incorrectly. As you begin your mindfulness practice, be kind to yourself and keep up your daily practice.

4. Why is daily practice important?

There are a couple of reasons why daily practice is important. First, developing a new habit requires daily practice. Secondly, it's regular daily practice that creates lasting positive changes both in our body and brain and in our mental health. So, daily practice is vitally important - let's commit to daily practice!

Barriers To Success

Below are a few potential barriers along with suggested solutions:

Time – We suggest adding your mindfulness-based meditation practice plan to your calendar and set reminder alerts to increase your chances of meeting your goals. To avoid interruptions, let family and friends know when you plan to mindfully meditate.

Low Motivation – Acknowledge your lack of drive/motivation as a common feeling when beginning your mindfulness-based practice. When you struggle with the practice, do your best to make it happen - no matter what!

WILD 5 Wellness Words of Advice

Perfection is not the goal! Set your goals high and do your best every day. Be kind to yourself as you begin making these changes. Change is never easy. If you miss a day or two, shake it off, regroup, and begin again. Do not throw in the towel. Remember to track your daily mindfulness practices using the Participant Tracking Form.



SLEEP

Program Expectation

Implement 4 or more of the 6 pro-sleep practices each day for 30 days

Data tells us that sleep is crucial for overall good health. Lack of sleep or poor quality sleep is connected to increased inflammation, which is associated with a host of health problems including poor daytime concentration and productivity, weight gain, and the list goes on.

You may not be successful in implementing all 6 sleep strategies each day/night but don't give up. Implement as many as you can each day/evening. You must implement *4 or more of the 6* pro-sleep practices each day to answer "YES" to the sleep question on the Participant Tracking Form. We encourage you to practice as many of the recommendations as you can per day. Please don't avoid the ones you think you can't master. Give it a try - you may be pleasantly surprised.

The list below recommends 6 pro-sleep practices that are known to improve a person's overall quality of sleep.

6 Recommended Pro-Sleep Practices

1. Avoid all electronic activities (i.e. television, iPhones, online games, iPads) 90-minutes prior to bedtime. Yes, you may read but please avoid e-readers due to the light they emit. Stick to books and/or magazines and select happy stories rather than activating crime or murder mysteries.
2. Avoid napping during the day. No matter how tired you are during the day resist the temptation of a quick nap as this only results in poor nighttime sleep.
3. Eliminate ambient light in your bedroom (light from clock radio, cell phone, windows). Try blackout shades and/or a night mask to block excess light.
4. Enjoy a warm relaxing bath or shower prior to bedtime.
5. Establish and stick to a regular bedtime each night including weekends.
6. Avoid caffeinated drinks 10-hours before bedtime.

FAQ's:



1. I'm confused about logging my daily sleep practices on the Participant Tracking Form? What if I only implemented 2 of the 6 pro-sleep practices?

We're recommending 6 pro-sleep practices but to answer "YES" on your Participant Tracking Form, you must implement 4 or more of the 6 recommended practices. If you've implemented less than 4, please answer "NO" on the Participant Tracking Form.

2. There's no way I can avoid caffeinated drinks 10-hours before bedtime. What should I do?

We understand this is one of the more challenging pro-sleep recommendations. It's important not to avoid recommendations that present the biggest barrier. Accept the fact that avoiding caffeinated drinks 10-hours before bedtime won't be easy but do your best to give it a try. If your caffeine consumption is extremely high, you may have to start slowly at first to avoid withdrawal symptoms like headaches. Remember, you have some wiggle room as WILD 5 is only asking you to implement 4 or more of the 6 pro-sleep practices to answer "YES" on the Participant Tracking Form.

3. Is lack of sleep associated with weight gain?

Absolutely! Not only is lack of sleep associated with weight gain but also attempts to lose weight are less effective in those that don't sleep well. Now you can see the value of a wellness intervention that combines several elements. If you're working hard to lose weight but not sleeping well, you simply won't get the results you desire. So, even though these pro-sleep recommendations aren't all easy to implement and maintain, please do your best.

4. Why is napping a bad idea?

Breaking the habit of napping isn't an easy proposition. However, if you continue your practice of napping, you're guaranteed disrupted and fragmented sleep. To ensure quality sleep, you must stop napping. As you begin breaking this habit, you will certainly feel extreme exhaustion but push through it, stay awake, and experience the joys of restful

sleep. This is a process so please don't expect immediate changes in the quality of your sleep, simply keep up the practice of not napping throughout the 90-day program and you'll establish a new pro-sleep habit.

5. Why is ambient light a problem?

Melatonin is a sleep promoting chemical in our brain; production starts after we close our eyes - optimally in a completely dark environment. Therefore, we're recommending no ambient light (light from iPhones, bedside clocks, charging computers) in your bedroom. Don't forget you can eliminate ambient light by using blackout shades and/or a sleep mask. Don't underestimate the power of ambient light and its role in disrupting your sleep.

Barriers To Success

Below are a few potential barriers along with suggested solutions:

Time – Once you implement some of the pro-sleep practices, there's little left to do except, close the shades and/or put on a sleep mask. Once you decide on your bedtime, we suggest adding it to your calendar with two alerts:

1. 90-minutes prior to your bedtime an alert to shutoff all electronics in preparation for bedtime, and
2. 15-minutes prior to bedtime an alert to begin bedtime preparations.

Other pro-sleep recommendations require behavioral changes but no extra time, i.e. no daytime napping, no caffeinated drinks 10-hours before bedtime.

Low Motivation – Acknowledge your lack of drive/motivation as a common feeling when deciding to change your sleep habits. When you want to take a quick mid-day nap, have a cup of coffee late in the afternoon, or check your iPhone at bedtime, do your best to stick to the pro-sleep practices - no matter what!

WILD 5 Wellness Words of Advice

Perfection is not the goal! Set your goals high and do your best every day. Be kind to yourself as you begin making these changes. Change is never easy. If you miss a day or two, shake it off, regroup, and begin again. Do not throw in the towel. Remember to track your daily sleep practices using the Participant Tracking Form.



SOCIAL CONNECTEDNESS

Program Expectation

Meet, call, or text at a minimum two family members or friends each day for 30 days

Humans are social animals but the hectic pace of modern day life often gets in the way of our efforts to connect with others. This matters because socialization is important to both mental and physical health. Data tells us that people who socialize more frequently live longer, have fewer health problems, and are happier. Given the power of socialization, it is one of the five wellness elements.

Socialization comes in many forms. We've listed a few of these activities below:

- Have dinner with family or friends
- See a movie with family or friends
- Have coffee with family or friends
- Take a walk with family or friends
- Join a book club
- Play a group sport, i.e. tennis, basketball, racquetball
- Take a cooking class or a dance class with family or friends

During the 90-day program, for social connectedness we ask that you meet, call, or text at a minimum two family members or friends (not work-related). You do not have to record any details about your socialization efforts except to document your daily practices using the Participant Tracking Form.

FAQ's



1. I don't like talking on the phone. Can I just text family members or friends?

During the program, you can meet, call, or text family members or friends, or you can mix it up and do all three. If you lean more towards texting, we encourage you to break out

of your comfort zone and make a few phone calls, or meet with others. Don't always do what's easy – push yourself to try something new or something that's outside of your comfort zone.

2. This seems too easy. How can it be helpful?

Take a moment and consider what previous participants said about this wellness element. Their feedback opened our eyes to the power of this intervention...see what you think. Before starting the program, one participant felt she was very connected. However, once she started tracking/logging her daily socialization practice, she realized she wasn't connecting with others as often as she thought. So, tracking increased her awareness and offered her an opportunity to change her behavior. Another participant was extremely isolated and something as simple as calling/texting allowed him to engage in behavior that increased his level of social connectedness. So, please don't undervalue this intervention because of its simplicity.

3. Can you explain the concept of “Macro-Socialization” and “Micro-Socialization”? This is a new idea and I’m a little confused.

We fully understand your confusion as the terms Macro-Socialization and Micro-Socialization are relatively new. Here's a brief explanation:

- **Macro-Socialization (large):** Engaging in big social activities like joining a group, spending time with friends, family members, or people you know well and will be spending significant amounts of time with them over a period of months, years, or even a lifetime.
- **Micro-Socialization (small):** Interacting with strangers or casual acquaintances in brief social interactions - nodding pleasantly, smiling as someone approaches, saying good morning, or sharing a compliment. As an example, while on an elevator, do you interact with others or avoid eye-contact while quietly waiting for your floor? If you avoid others on the elevator, you've just missed out on an opportunity to engage in Micro-Socialization.

Both Macro- and Micro-Socialization are powerful ways to boost your mental wellness. We encourage you to grab every opportunity to engage in both. Practice stepping outside of your comfort zone and give both styles of interaction a try. The benefits to your mental wellness will be worth the effort.

4. I don't want to call or text others. I don't like being on the phone and I don't like texting because it's too easy for others to misinterpret my texts. What should I do?

We realize not everyone likes talking on the phone or likes to text. Some of this depends on age and some of it is personal preference. If this is true for you, please meet in person

with your family members or friends. Remember, don't let the discomfort of talking on the phone or texting become a barrier. The goal is to push through these barriers and do the best you can to practice all three ways to connect with others.

5. Do I need to keep track of the people I meet/call/text as well as the content of the communications?

You do not need to keep records. Simply log your practices daily using the Participant Tracking Form.

Barriers To Success

Below are a few potential barriers along with suggested solutions:

Time – We suggest adding your social connectedness activities to your calendar and set reminder alerts to increase your chances of meeting your goals.

Low Motivation – Acknowledge your lack of drive/motivation as a common feeling when making a decision to socialize. When you feel avoidant or less than social, do your best to make it happen - no matter what!

WILD 5 Wellness Words of Advice

Perfection is not the goal! Set your goals high and do your best every day. Be kind to yourself as you begin making these changes. Change is never easy. If you miss a day or two, shake it off, regroup, and begin again. Do not throw in the towel. Remember to track your daily social connectedness practices using the Participant Tracking Form.



NUTRITION

Program Expectation

Log your daily meals/snacks/beverages/
alcohol each day for 30 days

Nutrition absolutely matters! Data supports that nutrition plays a vitally important role in both physical and mental health. We've provided additional information about logging your meals/snacks/beverages/alcohol below, along with additional program resources and recommendations.

Log Your Daily Meals/Snacks/Beverages/Alcohol

Please download the free smartphone app, MyFitnessPal, to document your daily intake. If you're using a different app to log your food, please continue using that app rather than changing to a new system. If you do not have a smartphone, you can access www.MyFitnessPal.com via your computer.



Download the app prior to beginning the program to become familiar with the features. You're welcome to set a caloric intake and a weight loss goal but to satisfy the program expectations, we only ask that you log your intake daily. The goal is to increase your mindful awareness of what you're consuming each day.

If you prefer to keep a paper diary, please feel free to do so. Whether you use MyFitnessPal or a paper diary, you are not required to submit your food logs for review.

Additional Program Recommendations and Resources

(The mindful meal meditations are only available at www.WILD5Meditations.com. You may download these meditations to your smartphone, computer, iPad, or play it through your computer.)

1. Mindful Moment with a Raisin

If you're new to the practice of mindful eating, we suggest you listen to the *Mindful Moment with a Raisin* exercise. This is a nice introduction to the practice of mindful eating.

2. Introduction to Mindful Meal Meditation + Mindful Meal Meditation

If you decide to explore mindful eating practices further, this exercise is an option. Please listen to the *Introduction to Mindful Meal Meditation* once before using the *Mindful Meal*

Meditation to better understand the practice. Select one meal a day and during that meal listen to the meditation. You may divide the exercise into two 10-minute segments listening to it during two meals a day.

3. MIND Diet



REMEMBER: The MIND Diet is only a recommendation and not a program requirement. However, we strongly recommend you follow this diet during the program given its pro-brain and pro-mental health benefits.

It is like a Mediterranean diet, which promotes high consumption of vegetables and olive oil, and moderate consumption of protein. Please review the chart as it outlines the MIND Diet recommendations. You'll notice this is not a strict diet. Studies followed participants for multiple years and documented a 35% risk reduction for developing Alzheimer's Disease. Given the cognitive benefits and the general ease of putting this plan into action, we believe the MIND Diet is an excellent choice for the WILD 5 Wellness Program.

If you're a vegan or a vegetarian, we are not asking you to change your eating habits to include protein from animal sources. Simply incorporate the elements of the MIND Diet that fit your current vegan/vegetarian lifestyle. The MIND Diet does not provide recommendations regarding eggs. We are aware this is a challenge for our vegan/vegetarian friends but we encourage you to stick to your commitments and focus your dietary efforts on increasing consumption of the MIND Diet foods that are in line with your lifestyle.

Due to inflammation concerns, the MIND Diet limits the consumption of dairy. Both cheese and butter recommendations are noted on the chart. However, recommendations for yogurt are not included. Do your best to minimize dairy consumption.

If you do not drink alcohol or if you're in recovery, please disregard the recommendation to drink one glass of wine per day!

FAQ's

1. Why is daily food logging so important to my mental wellness?

Every single chemical and neurotransmitter in your brain is created from FOOD! Yes, we are indeed what we eat! If we eat poorly, both our mind and our body suffers. One more thing to remember, excess calories lead to poor brain health. By logging your food daily using MyFitnessPal (either on an app or on your computer), you will become more aware of what you eat, what it contains, and hopefully based on this increased mindful awareness, you'll make changes that ultimately help your body, brain, and mental wellness. Logging is crucial!

2. What is the MIND Diet? Why is it being recommended for the WILD 5 Wellness Program?

The MIND Diet is truly the best way to eat to protect our brain and body. The diet is scientifically studied and is an easy to follow diet that emphasizes plant-based nutrition with limited amounts of animal proteins. This is a simple and effective way to improve your global health and wellbeing without too much effort.

3. Is MyFitnessPal an easy app or website to use?

Yes, it is! The app is highly educational and motivational in nature and does a great job of increasing your overall mindful awareness of what you're consuming. Please download the app to your smartphone prior to starting the program and become familiar with its features. This app motivates users to eat better. If you're not a fan of apps, keep a paper

food diary. If you're already using another food logging app, like Weight Watchers, no need to change.

4. Can I follow the MIND Diet for a lifetime?

Absolutely! This diet should be followed for years to gain maximum benefit. It's rich in good fats and limits bad fats (from animal sources), plus it encourages one to eat nuts, vegetables, and fruits. It's a win-win lifestyle modification that pays off very handsomely in many ways.

Barriers To Success:

Below are a few potential barriers along with suggested solutions:

Time – Take the time to log your meals/snacks/beverages/alcohol throughout the day. Try your best to avoid waiting until bedtime to log. Keep up the practice - it will get easier as you go along.

Low Motivation – Acknowledge your lack of drive/motivation as a common feeling when starting the practice of keeping a food log, implementing a new meal plan, and/or practicing mindful eating. When you don't feel up to these changes, do your best to make it happen - no matter what!

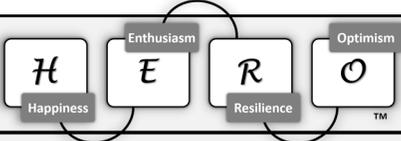
WILD 5 Wellness Words of Advice

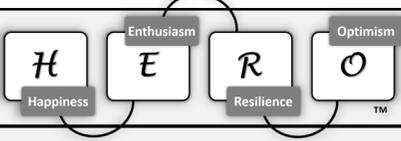
Perfection is not the goal! Set your goals high and do your best every day. Be kind to yourself as you begin making these changes. Change is never easy. If you miss a day or two, shake it off, regroup, and begin again. Do not throw in the towel. Remember to track your daily nutrition practices using the Participant Tracking Form.

WILD 5★ Wellness™
Wellness Interventions for Life's Demands

**WILD 5 Wellness
HERO Exercises**

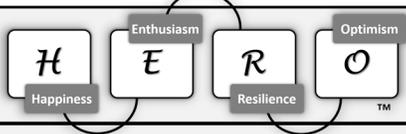


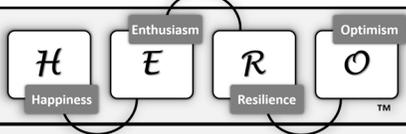
<p style="text-align: center;">HERO Workout Exercises <i>Happiness • Enthusiasm • Resilience • Optimism</i></p>	
HAPPINESS & ENTHUSIASM ARE LINKED TO LONGEVITY	
<p>HERO exercises are all tried and true wellness exercises. Doing them on a daily basis will strengthen and enrich your supply of happiness, enthusiasm, resilience, and optimism. These exercises are a great way to improve your mental wellness. Here's to a happy workout!</p>	
<p>1. To increase your happiness, let's work on strengthening your happiness muscle. Take a moment and write down two positive things that you'd like to experience today. Also, two to three times today, find a few minutes to visualize and relish these positive experiences.</p> <p style="margin-left: 20px;">a. _____</p> <p style="margin-left: 20px;">b. _____</p> <p>2. Having a goal or a project that inspires you will increase your enthusiasm. Write down two projects you find inspiring and set a start date. Put the date on your calendar with reminder alerts – make it happen and watch your enthusiasm improve!</p> <p style="margin-left: 20px;">a. _____</p> <p style="margin-left: 20px;">b. _____</p>	
<p>Remember that the happiest people are not those getting more, but those giving more. <i>~ H. Jackson Brown, Jr.</i></p>	

<p style="text-align: center;">HERO Workout Exercises <i>Happiness • Enthusiasm • Resilience • Optimism</i></p>	
RESILIENT OPTIMISTS HAVE BETTER PHYSICAL HEALTH & BETTER RELATIONSHIPS	
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<p>1. Resilience means the ability to bounce back from adversities. Write down 2 things about yourself that make you tough, and two skills you have used previously to overcome adversities. Remind yourself throughout the day that you genuinely possess these resilient traits.</p> <p style="margin-left: 20px;">a. _____</p> <p style="margin-left: 20px;">b. _____</p> <p>2. Optimism often requires making a choice about how you view the world. Write down two positive things you want to happen tomorrow, and then spend a few minutes planning on how to make these optimistic attitudes/events a reality.</p> <p style="margin-left: 20px;">a. _____</p> <p style="margin-left: 20px;">b. _____</p>	
<p>Choose to be optimistic, it feels better. <i>~ Dalai Lama XIV</i></p>	

We recommend reviewing your previously completed HERO exercises as this will further strengthen your Happiness, Enthusiasm, Resilience, and Optimism.

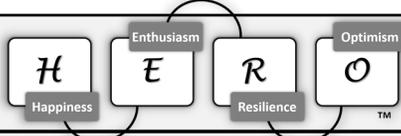
DON'T FORGET TO COMPLETE YOUR TRACKING FORM!

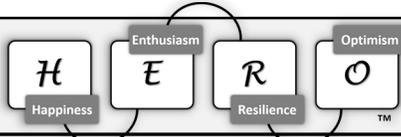
<p style="text-align: center;">HERO Workout Exercises <i>Happiness • Enthusiasm • Resilience • Optimism</i></p>	
HAPPINESS & ENTHUSIASM ARE LINKED TO A STRONGER IMMUNE SYSTEM	
HERO exercises are all tried and true wellness exercises. Doing them on a daily basis will strengthen and enrich your supply of happiness, enthusiasm, resilience, and optimism. These exercises are a great way to improve your mental wellness. Here's to a happy workout!	
<ol style="list-style-type: none"> 1. In today's busy world, it's easy to overlook things that make us happy. Fast-paced lifestyles often become a barrier. Take a moment and mindfully reflect on your day, and write down two things that brought you happiness. <ol style="list-style-type: none"> a. _____ b. _____ 2. "Birds of a feather flock together" so surround yourself with happy and enthusiastic people. Write down the names of two people in your life that are happy and enthusiastic. Now, write down how and when you will connect with them. <ol style="list-style-type: none"> a. _____ b. _____ 	
Enthusiasm is contagious. You want to be a carrier. ~ <i>Susan Rabin</i>	

<p style="text-align: center;">HERO Workout Exercises <i>Happiness • Enthusiasm • Resilience • Optimism</i></p>	
RESILIENT & OPTIMISTIC PEOPLE REPORT BETTER MENTAL HEALTH & LIVE LONGER	
HERO exercises are all tried and true wellness exercises. Doing them on a daily basis will strengthen and enrich your supply of happiness, enthusiasm, resilience, and optimism. These exercises are a great way to improve your mental wellness. Here's to a happy workout!	
<ol style="list-style-type: none"> 1. Dealing with life's challenges with humor builds resilience – the ability to bounce back from life's adversities. Write down two things that happened recently that you found humorous – things that made you smile or laugh. <ol style="list-style-type: none"> a. _____ b. _____ 2. Positive affirmations are a great way to build an optimistic mindset. Take a moment and write down two positive statements about yourself, your life, or your future. Purposefully remind yourself of these affirmations several times throughout your day. <ol style="list-style-type: none"> a. _____ b. _____ 	
Our greatest ally in life is our resilience. ~ <i>Brian Early</i>	

We recommend reviewing your previously completed HERO exercises as this will further strengthen your Happiness, Enthusiasm, Resilience, and Optimism.

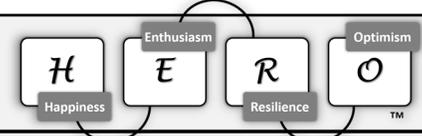
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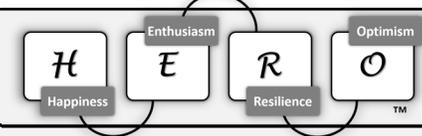
<p style="text-align: center;">HERO Workout Exercises <i>Happiness • Enthusiasm • Resilience • Optimism</i></p>	
HAPPINESS & ENTHUSIASM ARE KNOWN TO LESSEN PAIN	
<p>HERO exercises are all tried and true wellness exercises. Doing them on a daily basis will strengthen and enrich your supply of happiness, enthusiasm, resilience, and optimism. These exercises are a great way to improve your mental wellness. Here's to a happy workout!</p>	
<p>1. Random acts of kindness will increase your happiness! Take a moment and write down two random acts of kindness you will put into action today. If you don't have time to execute your plan today, be sure to make it happen first thing tomorrow morning.</p> <p style="margin-left: 40px;">a. _____</p> <p style="margin-left: 40px;">b. _____</p> <p>2. When it comes to outlook, do you fall on the positive or the negative side of the fence? Having a positive attitude about life improves enthusiasm. To increase your enthusiasm, mindfully consider your day and write down two examples of your positive attitude and/or actions.</p> <p style="margin-left: 40px;">a. _____</p> <p style="margin-left: 40px;">b. _____</p>	
<p>Most folks are as happy as they make up their minds to be. <i>~ Abraham Lincoln</i></p>	

<p style="text-align: center;">HERO Workout Exercises <i>Happiness • Enthusiasm • Resilience • Optimism</i></p>	
RESILIENCE & OPTIMISM FERTILIZE A POSITIVE ATTITUDE, WHICH IS THE FOUNDATION OF GOOD HEALTH	
<p>HERO exercises are all tried and true wellness exercises. Doing them on a daily basis will strengthen and enrich your supply of happiness, enthusiasm, resilience, and optimism. These exercises are a great way to improve your mental wellness. Here's to a happy workout!</p>	
<p>1. Being of service to others is a great way to build resilience. List two things you did today (or will do tomorrow) to give back to others or to brighten their day.</p> <p style="margin-left: 40px;">a. _____</p> <p style="margin-left: 40px;">b. _____</p> <p>2. Is your glass half-full or half-empty? How you view the world matters! Write down two things that happened today that you viewed as negative. Take a moment and give this some thought, and then write down a less negative, or even a positive interpretation of the same events.</p> <p style="margin-left: 40px;">a. _____</p> <p style="margin-left: 40px;">b. _____</p>	
<p>In order to carry a positive action we must develop a positive vision. <i>~ Dalai Lama</i></p>	

We recommend reviewing your previously completed HERO exercises as this will further strengthen your Happiness, Enthusiasm, Resilience, and Optimism.

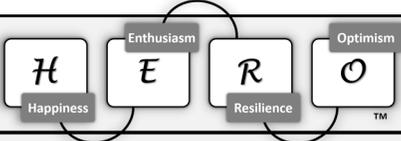
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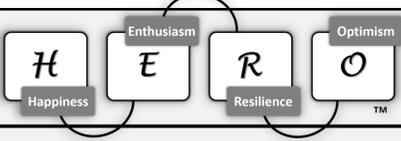
<p style="text-align: center;">HERO Workout Exercises <i>Happiness • Enthusiasm • Resilience • Optimism</i></p>	
HAPPINESS & ENTHUSIASM PREDICT LOWER HEART RATE & BLOOD PRESSURE	
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<p>1. Thinking about happy memories can positively impact your level of happiness! Write down two memories that bring a smile to your face. Next, spend a few minutes reliving each of these happy memories, and watch your current level of happiness increase.</p> <p style="margin-left: 40px;">a. _____</p> <p style="margin-left: 40px;">b. _____</p> <p>2. Gratitude is known to increase feelings of happiness and enthusiasm. To increase these feelings, mindfully consider your day and write down two examples of things that happened today that increased your feelings of gratitude.</p> <p style="margin-left: 40px;">a. _____</p> <p style="margin-left: 40px;">b. _____</p>	
<p>The worst bankruptcy in the world is the person who has lost his enthusiasm. <i>~ H.W. Arnold</i></p>	

<p style="text-align: center;">HERO Workout Exercises <i>Happiness • Enthusiasm • Resilience • Optimism</i></p>	
RESILIENCE & OPTIMISM ARE LINKED TO GREATER LIFE SATISFACTION	
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<p>1. People are quick to point out faults and weaknesses. Acknowledging others' successes is a great way to build and strengthen your resilience while making another person feel great. Think of two people that have recently achieved some type of success, personal or work-related, and write down how you plan to acknowledge their achievement.</p> <p style="margin-left: 40px;">a. _____</p> <p style="margin-left: 40px;">b. _____</p> <p>2. Have you heard of <i>Passing it Forward</i>? Someone does something kind for you and you pass it forward by doing something kind for another. Write down two times others have done something kind for you and how that made you feel. Make a plan to pass along those acts of kindness and brighten someone else's day.</p> <p style="margin-left: 40px;">a. _____</p> <p style="margin-left: 40px;">b. _____</p>	
<p>Our greatest glory is not in never falling, but in rising every time we fall. <i>~ Confucius</i></p>	

We recommend reviewing your previously completed HERO exercises as this will further strengthen your Happiness, Enthusiasm, Resilience, and Optimism.

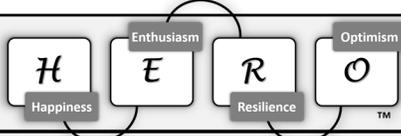
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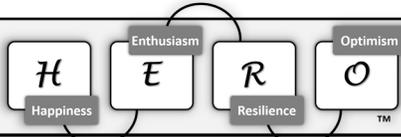
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<p>Remember that the happiest people are not those getting more, but those giving more. <i>~ H. Jackson Brown, Jr.</i></p>	

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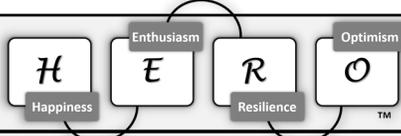
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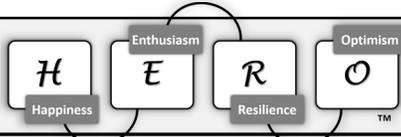
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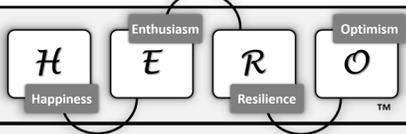
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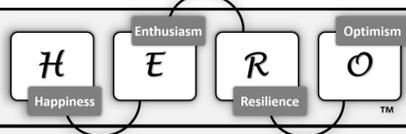
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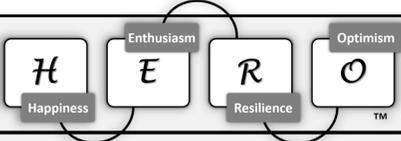
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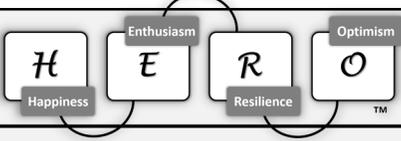
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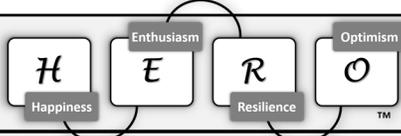
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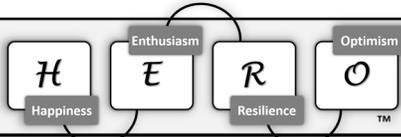
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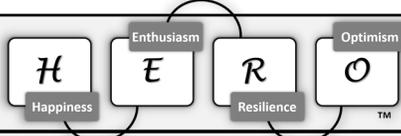
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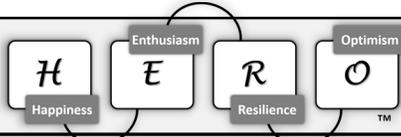
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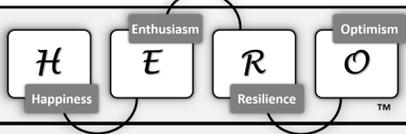
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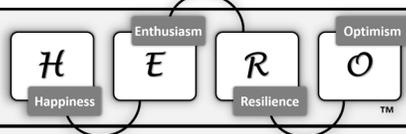
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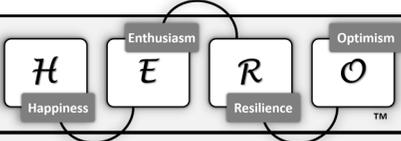
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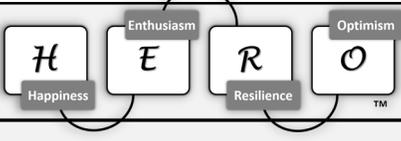
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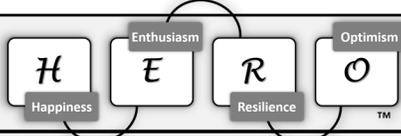
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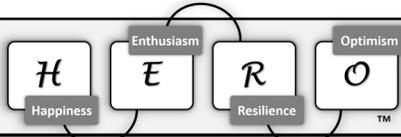
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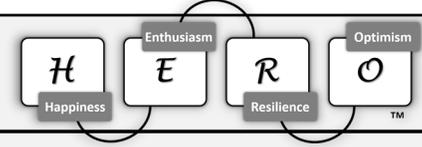
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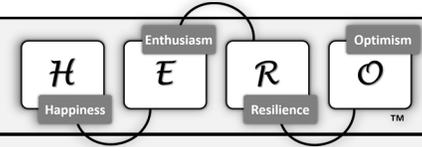
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<ol style="list-style-type: none"> 1. Random acts of kindness will increase your happiness! Take a moment and write down two random acts of kindness you will put into action today. If you don't have time to execute your plan today, be sure to make it happen first thing tomorrow morning. <ol style="list-style-type: none"> a. _____ b. _____ 2. When it comes to outlook, do you fall on the positive or the negative side of the fence? Having a positive attitude about life improves enthusiasm. To increase your enthusiasm, mindfully consider your day and write down two examples of your positive attitude and/or actions. <ol style="list-style-type: none"> a. _____ b. _____ 	
<p>Most folks are as happy as they make up their minds to be. <i>~ Abraham Lincoln</i></p>	

<p style="text-align: center;">HERO Workout Exercises <i>Happiness • Enthusiasm • Resilience • Optimism</i></p>	
RESILIENCE & OPTIMISM FERTILIZE A POSITIVE ATTITUDE, WHICH IS THE FOUNDATION OF GOOD HEALTH	
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<ol style="list-style-type: none"> 1. Being of service to others is a great way to build resilience. List two things you did today (or will do tomorrow) to give back to others or to brighten their day. <ol style="list-style-type: none"> a. _____ b. _____ 2. Is your glass half-full or half-empty? How you view the world matters! Write down two things that happened today that you viewed as negative. Take a moment and give this some thought, and then write down a less negative, or even a positive interpretation of the same events. <ol style="list-style-type: none"> a. _____ b. _____ 	
<p>In order to carry a positive action we must develop a positive vision. <i>~ Dalai Lama</i></p>	

We recommend reviewing your previously completed HERO exercises as this will further strengthen your Happiness, Enthusiasm, Resilience, and Optimism.

DON'T FORGET TO COMPLETE YOUR TRACKING FORM!

