

# Feeling Good

*A sense of satisfaction and well-being*



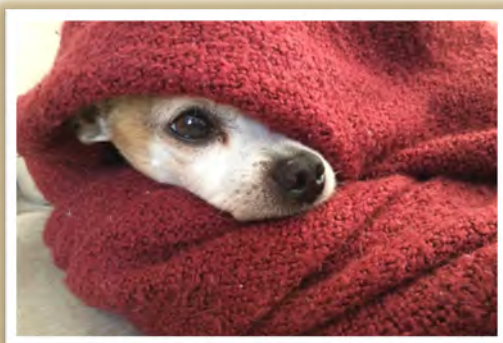
## Feeling good

Feeling good can mean different things for different people. A two-mile run will make someone who loves to run feel good while making a person who is challenged to run tense and nervous. Think, for a second about what makes you feel good: A hug from someone you love or making the winning basket in an important basketball game. When we talk about feeling good in general, we are talking about the overall well-being of a person. Well-being includes ‘a positive physical, social and mental state’. Because we can’t see it, we describe well-being as something we feel or ‘sense’. If your sense of well-being is good, you are feeling good about yourself and can function well or do what you need to do every day well. Family members can help each other feel good together. They can support each other’s well-being. [Click here](#) to watch an introductory video for an overview of this module.



---

## Well-being



When you don’t feel good or don’t have a good sense of well-being, you will not be able to function normally.

When your well-being is improved, you can enjoy the simple things in life, the meet the challenges you face in life and begin to feel good. Even the [CDC](#) promotes the value of feeling good or well-being. [Research](#) shows that when people feel good and have a sense of well-being, they are healthier, live longer lives and have fewer social problems.

## Improving well-being

Improving well-being can mean that you try new things. [Trying new things](#) can be easier if you do it as a family or team. It is normal to feel afraid to try something new. Because it is



new, you may not be good at it right away. When you try something new as a family or team you can encourage each other even if no one is good at the new activity right away!

You can approach a new activity as a new adventure! Having a family adventure and mastering the new activity will bring your family together. You will have a shared experience in common.

---

Here are some tips to help you succeed:

- Start with trying what feels comfortable - keep an open mind and soon your comfort zone will grow!
- Go at your own pace - take small steps to allow everybody a chance to learn together.
- Pick one or two things -more than that will be overwhelming.



---

So where do you start? You can take 3 steps with your whole family to feel good.

1. **Move Together**

The CDC states [Physical Activity](#) is one of the best things people can do to improve their health. It is vital for healthy aging and can reduce the burden of chronic diseases and prevent early death.

2. **Think Together**

Building [Brain Power](#) is easier than you think. Children love to [learn from their family](#).

3. **Be Together**

[Spending time together](#) makes everyone feel like they are a part of something special. The time you spend together will give them a strong start in life.

## Move Together

Moving together doesn't mean that you have to join a gym together and work hard all of the time. That may be what works for some families. But there are other activities that don't require a financial commitment and are easier to achieve.

Take a walk- [Research](#) shows that walking can help give your mental health a boost. Adding a family walk into your daily routine will not only give you time for the physical activity, but it can be a great time to catch up on what everyone is up to. Check out these [video](#) describing the benefits of walking!



Do daily tasks more energetically! The [whole family can participate in daily chores](#). Taking on the responsibility of a chore helps to feel important and build a sense of contribution. The physical activity can also help burn calories. Check out this [video](#) highlighting the number of calories you burn washing dishes while standing!

[Dance](#) whenever you can. A family dance session can help you blow off steam and leave everyone laughing-which will also make you feel good!

### [5 Ways to get Moving and Feel Better](#)

Make small changes to your routine:

- Take the stairs instead of the elevator
- Park farther away from the front door
- Stand instead of sitting (this burns more calories)
- Take a walk on your lunch break
- Walk or bike to your destination instead of driving
- Wash the car by hand instead of the drive-through car wash
- Take an extra walk through the grocery store aisles before you check out
- Get off the bus one stop early and walk to your destination
- Shovel instead of using the snowblower
- Rake leaves instead of using a leaf blower
- Take time to play



## Think Together

Build skills in your child while having fun. We want our children to use critical thinking to make sense of information and interpret the information to make decisions, make conclusions, and use thinking skills to their fullest.

[Executive Function](#) refers to the important skills that help your child learn and grow. There are 3 main areas of executive function.

1. **Working Memory** includes the ability to keep information in mind to put to good use when it is needed.
2. **Flexible Thinking** is the ability to see problems from many angles and find solutions.

One way to help children develop these executive function skills is to use games—card games, board games, physical games and activities, and movement and song games. These games provide healthy challenges and practice for executive function skills include popular games like:

- Checkers
- Connect Four
- Jenga

3. **Self-Control** is the ability to stop before you respond on impulse.

Playing **Simon Says** can teach children about self-control when you can focus on important information and ignore distractions. We have to pay close attention to when we hear Simon Says and we have to ignore the instructions that don't start with 'Simon says.'

The Harvard University Center for the Developing Child has created a wonderful [resource](#) to give ideas for building these important executive function skills.

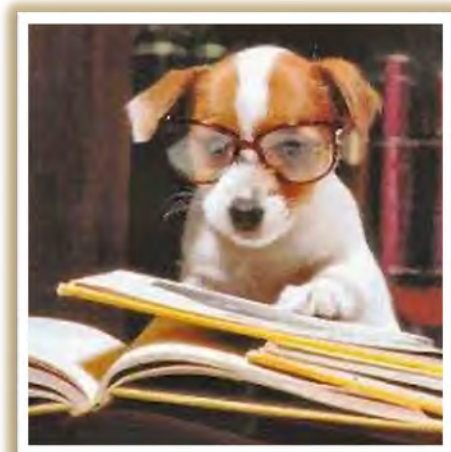
Here are some simple strategies to get started:

Be creative together:

- [draw](#)
- [play musical instruments](#)
- [bake](#)

Work on a long-term project together

- [solve a problem](#) together
- play [board games](#) together
- put a [puzzle](#) together
- listen to an [online book](#)
- journal [Gratitude](#)- Gratitude comes from the Latin word "Gratis" which means thankful. Gratitude is a strategy for noticing and expressing appreciation for the good things in our lives. When we see the good things in our lives, we feel good.



[Positive Psychology](#) tells us that gratitude has many benefits including emotional, social, personality, career, and physical health including recovery benefits.

## Be Together

[Family time is so important](#). Time spent together does not necessarily need to be so structured. When you look across the lifespan, we are able to spend time with our families for a very short period of time. This time spent together not only helps to get to know each other better and strengthen family bonds by building fond memories, but it also helps us to strengthen positive personality traits.

[Spending family time together](#) is proven to improve physical and mental health and promote resilience. There are so many valuable life lessons to learn together like valuing the uniqueness of everyone in your family and beyond. Family time can also happen with someone who is not necessarily a family member. The key is to be mindful of the time spent with those around you.

Often family time is spontaneous. Sometimes families have to work a little harder to make family time happen. You may need to get creative because of busy schedules and activities. There are some [tips for carving out family time](#) to be together.



- Designate a night a week as family night
- Welcome close friends
- Let the children choose the activities
- Keep family commitments first

Spend some time [outdoors](#). Being outdoors helps the family to unplug. Fresh air and sunshine have health benefits including boosting vitamin D levels to ward off everyday illnesses. Outdoor natural environments may reduce stress levels and provide some mental clarity. Outdoor activities include:

- camping
- outdoor barbeques
- picnics
- a day on the water at a river, lake, or pool

Adopting an outdoor hobby for each season of the year will give the family activities to look forward to all year round. You can:

- Collect beautiful leaves in the fall
- Snowshoe in the winter
- Plant a garden in the spring
- Hike in the summer

[Acts of Kindness](#) are doing something nice for someone without expecting something in return or to be recognized for it. [Studies show](#) that performing just one act of kindness a day has great health benefits. Acts of kindness can be directed to family members; like clearing the table when it is not expected of you or they can be directed to strangers; like paying for

some or all of the bill of the person who is ordering after you. Often acts of kindness are simply ways to help someone else.

One way to help others is to [Volunteer together](#).

This is a more organized act of kindness. By volunteering together, family members have the unique opportunity to have a common experience to share. It will help them understand the feelings they each experience and can bring families closer together. Working at the soup kitchen on Thanksgiving Day is an act of kindness, and it can also help to build gratitude for the experience and for what you have that others do not.

Use a [guide](#) to help your family get the most out of the volunteer opportunity.

- Talk about what to expect
- Read a book about it
- Take pictures to keep a memory of the event
- Share reflections after the experience

There are organized volunteer opportunities in every community. You can also be the organizer. If you identify a need in your community, you could be the family that starts the work to address the need. Offer to include other families and soon you will have a community project with results you can be proud of.

---

## AUTHOR BIOGRAPHY



### **Evilia Jankowski, MSA, BSN, RN**

Evilia Jankowski has been a nurse for more than 40 years and a school nurse for 29 of those years; first in Arizona and then in Michigan. She is currently the State School Nurse Consultant for Michigan. Evilia has worked at the local and intermediate school district level. In this capacity, she has provided support for both Public School Districts and Public-School Academies in Genesee and Wayne County, MI. She is also a Past-President of the Michigan Association of School Nurses.

Evilia has partnered with national school health stakeholders including the CDC, American Academy of Pediatrics (AAP), National Association of School Nurses (NASN) and the National Association of State School Nurse Consultants (NASSNC) on projects such as the School Asthma Management Program SAMPRO, Indoor Air Quality, School Emergency Triage Training, Focus on the Framework for 21st Century School Nurse Practice, and other professional development programs for school nurses. She believes this is an exciting time for school nurses and the standardized training and resources that are available now are vital to ensure that student needs are met to allow them to be healthy, safe and ready to learn.