Thich Nhat Hanh (1926-2022), a Buddhist monk born in Vietnam, has been called “the father of mindfulness.” The peace activist returned to Vietnam after being exiled for 39 years and died at age 95 in Hue. “... If we believe that tomorrow will be better, we can bear a hardship today” is one of his memorable teachings.

Photo from plumvillage.org

In this placemat, we look at ways to protect our own well-being and happiness, in particular during periods of stress. The concept of “self-care” may seem like a recent trend. But Socrates, born around 470 BC in Greece, now can be considered the founder of the self-care movement. He said, “be kind, for everyone you meet is fighting a hard battle.”

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Everyday topics and activities on a placemat that challenges the brain and heart!

Brought to you by the University of Arizona Center for Rural Health and by School For Seniors.

**Topic**

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**Nutrition**

Try to eat whole, nutrient-rich foods such as fruits and vegetables. The American Heart Association recommends four to five servings of fruits and vegetables each day. Blueberries are a “superfood” and are high in potassium and Vitamin C. Carrots are a good source of beta carotene and are linked to improved eye health. They are also a sweet and crunchy treat for snacking!

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**Word Puzzle**

The words and letters below are arranged to form word riddles. Can you decipher them?

**People & Profiles**

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**Levels of Well-Being**

Mark how full your “tank” is in each of these areas. Draw in your own indicator needle.

**Samples Version**

**Joy**

**Rest**

**Play**

**Exercise**

**Nutrition**

**Answers:**
1. The last straw 2. Just in time
3. Walking on water 4. Paradise

“Walking on water & paradise” 2 just in time
My Story

Hello, my name is ____________________. We’ve been through a lot, haven’t we? We’ve accomplished a lot, learned a lot and survived a lot.

One of my biggest challenges in these two years has been ______________________ (social isolation, Zooming, staying active, lack of supplies, changes at work, ways to relax, etc.).

Some friendships have been strengthened, some have been challenged. Through all this I miss ______________________ (family members, group outings, vacations, etc.) the most.

Going forward, I like what Thich Nhat Hanh said: “If we believe that tomorrow will be better, we can bear a hardship today.”

Areas where I can now begin to improve are ______________________ (my outlook, my physical health, my emotional health, my decisions, etc.) and ______________________.

But the most important thing I can do is to remind myself to be present in the moment. Take things one at a time. I must continue to learn what nourishes and comforts me.

How Do You Relax?

Circle three of your most favorite ways to relax.

- Gardening
- Knitting
- Playing Cards
- Musical Instruments
- Cell Phone
- Walking Your Dog
- Books
- Pillow and Blanket
- Cooking
- Fitness Exercise

Watch Video

Learn about “Diaphragmatic or Belly Breathing” Type bit.ly/3Pq2PIy into your web browser or scan your phone over this QR code.