



Pleasure

Health Promotion
Navy & Marine Corps
Public Health Center



Healthy Pleasure

- ★ Do you have the Joie de Vivre?
- ★ Are you passionate about activities and work?
- ★ Do you practice the pleasure principle on a daily basis?





Pleasure rewards us *twice*:



First in immediate pleasure!



Second in improved health!



Dr. Robert Ornstein &
Dr. David Sobel



Living with zest, pleasure and optimism is good for you!



The healthiest people seem to be pleasure-loving, pleasure-seeking, pleasure-creating individuals

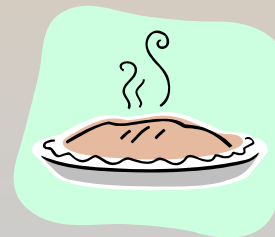
-Dr. Ornstein & Dr. Sobel



Senses

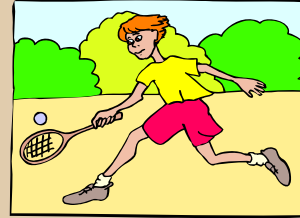
Which enhances *your* senses?

- ★ Touch
- ★ Nature
- ★ Music
- ★ Light/dark
- ★ Smells
- ★ Other



Which do you do *daily*?

★ Play



★ Laugh



★ Get plenty of sleep?



★ Take a mini-vacation?





Which do you do *daily*?

★ Enjoy simple pleasures?



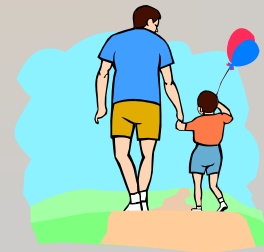
★ Have a special treat?



★ Exercise?



★ Relish small things?



Why not live in the moment,
especially if it has a good beat?



-Goldie Hawn



Harmful Pleasures

Some pleasure seeking behaviors may be addictive and harmful to self, others and our health!

- ★ Smoking
- ★ Excessive drinking
- ★ Reckless driving





Harmful Behaviors

- ★ Worrying too much
- ★ Hostility
- ★ Negative moods
- ★ Obsessing over past & shortcomings
- ★ Depression
- ★ Absence of pleasure
- ★ Pessimism

*All may contribute to
poor physical and mental
health*





Do **YOU**
accentuate the positive and
eliminate the negative?





Remember that pleasure
begets more pleasure!



Be sure to get your
daily dose of
pleasure today!



Healthy Strategies

Invest in Yourself!



Give to others!





Healthy Life Strategies



★ Expect good will occur!

★ Look for pleasure!

★ Believe that things will work out!

★ Let go of difficulties!

★ Be thankful & count blessings!

★ Remember pleasant events!





The happiest of people don't necessarily have the best of everything. They just make the most of everything that comes their way.

-Unknown author