



Good Medicine for You!

**Health Promotion
Navy & Marine Corps Public Health Center**

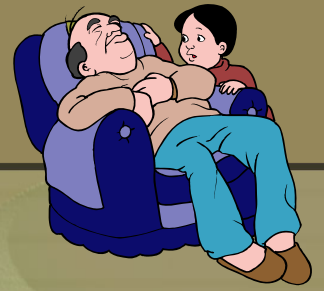
Humor



I seek out people who make me laugh.
Having a sense of humor is one of the
most important health behaviors!

Dr. Alice Doumar

Sleep



We have a sleep macho culture.

We really think that those who need 3 hours of sleep are superior and the rest of us are slugs. I felt that way until I found out that Albert Einstein needed 10 hours a night.

Dr. Christine Northrup

Exercise



To all those who feel overwhelmed and
work weary, the exhilarating exercise
of _____
offers both a stimulus and a sedative!

Robert Louis Stevenson

What is your favorite exercise?

- Running



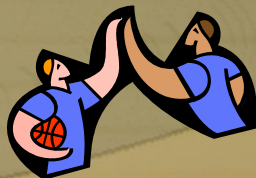
- Weight Lifting

- Walking



- Swimming

- Skateboarding



- Basketball



To get the body in tone,
get the mind in tune!

Dr. Zachary Bercovitz

If you clutter up your mind with minutiae,
it doesn't leave any room for the
bigger issues!



Dr. Mehmet Oz

Worries

I am an old man and have known a
great many troubles- but most of them
never happened!



Mark Twain

Stress

Whenever I experience stress, I try to consider the following factors, each of which can increase or prolong my stress: caffeine, or other stimulant drugs, noise and news. Then I try to eliminate one thing at a time to see how it affects my stress levels.

Dr. Andrew Weil

Prayer

Daily blessings and frequent prayer
is a life saver!



Unknown

Relax

I use breathing techniques to calm myself

Dr. Andrew Weil

Takes Time

You can take little steps that will lead to big steps. Change the things that you can change.

Dr. Alice Doumar