



Successful Aging and Well-Being Workbook - Facilitator Reproducible Sessions for Motivated Behavior Modification

Ester R.A. Leutenberg, John J. Liptak EdD

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The *Successful Aging and Well-Being Workbook* is designed to help your clients enhance their existing successful aging behaviors and develop new attitudes about that will improve the quality of their lives as they age. The assessments, activities, and exercises in this workbook, will help your clients set effective successful aging and well-being goals, and help them move forward to living a healthy life.

Many people focus on the negative aspects of aging rather than the positive aspects of living in the present and planning for the future. The purpose of this book is to help people explore the positive aspects of life that can make aging a more meaningful and successful experience.

The seven sections of this workbook include:

Section 1 Quality of Life: This chapter will help participants explore and understand the current quality of their life. Suggestions will be offered to improve their current life.

Section 2 Emotional Agility: This chapter will help participants examine how they are feeling, how satisfied they are, and how hopeful they are about the future. Suggestions will be offered to improve their emotional well-being.

Section 3 Healthy Lifestyle: This chapter will help participants gauge how healthy their current lifestyle is. Suggestions will be made for ensuring proper sleep, nutrition, and exercise.

Section 4 Daily Living: This chapter will help participants explore how well they are functioning daily. Suggestions will be offered to accentuate ways of functioning more effectively.

Section 5 Sense of Humor: This chapter will help participants explore how a sense of humor and laughter can release physical, emotional and mental health benefits for themselves and the people around them.

Section 6 Social Connections: This chapter will help participants explore how socially active and effective they are. Suggestions will promote a healthy nurturing network of family and friends that can be called on for support and ways to offer support to them.

Section 7 Productive Aging: This chapter helps participants explore their use of time and how productive they feel. Suggestions will be provided to enhance work, volunteer, educational, and fun activities.

All of the worksheets, assessments, and activities are reproducible for your convenience.

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