

## **It's the Little Things: Life in the Seven Realms**

### **Who Am I?**

My name is Oana. I am a pharmacist with a master degree in clinical pharmacy. I live in a very crowded city. I am suffering from chronic headache and also sometimes my back hurts. So, I want to share with all of you the little things that I have learn during this course. I am glad to say that my life improved thanks to this course.

### **Body:** I love the feeling when I...

- I maintain a balanced relaxed posture all day, I take short breaks every hour
- I am walking every day back home from the office.
- I prefer to take the stairs rather than the elevator.

### **Lifestyle and Behaviors:** I love the feeling when I...

- I eat rich salad of lettuce, carrots, tomatoes, sunflower seeds, olives, goat cheese, olive oil, and lemon
- Meals rich in fish, less pork or other fatty meat.
- Meals rich in fresh fruits
- I relax with a glass of fresh fruit juice

### **Emotions and Feelings:** I love the feeling when I...

- I identify the reason for a bad mood and do something creative to change it
- Practice positive psychology daily and avoiding the conflicts with my colleagues from office
- I try to find joy in every little things such as: smelling a flower or watching the sunset.
- try to laugh every day

### **Social and Relationships:** I love the feeling when I...

- I talk, every day, on the phone with parents and with my sister
- I play with my sister's daughters with every occasion that I have
- I support my friends when they need
- I talk every night with my husband about the things that we have done that day, we support each and we relax watching a good movie
- I try to be surrounded by the persons that make me feel happy

### **Spirit and Beliefs:** I love the feeling when I...

- Going to church almost every Sunday.
- Walk and talk with my husband to realize the best way to handle a situation
- I try to be optimistic when a difficult situation occurs
- I have faith in me, my husband, my parents, my sister and my friends

### **Mind and attitude:** I love the feeling when I...

- I read books about how to improve my self-esteem, self-compassion and communication with others
- Make an effort to continue to learn Spanish
- Reading a scientific papers about the adverse events of NSAIDs, opioids or anti-inflammatory monoclonal antibody

### **Environment and Safety:** I love the feeling when I...

- Clean and organize my home
- Follow food safety by cleaning and preparing food properly

- Follow good safety practices at work and home