

### Responses to the question “How do YOU Live Well?”

1. “Don’t do what you love. Love what you do.”
2. “Drive until you run out of gas.”
3. “Having a smile on your face.”
4. “Live and love the Chargers.”
5. “Hug someone looking down.”
6. “Talk to friends, go to church, have fun, go dancing.”
7. “I have a lot of ME time.”
8. “I run the loop with my gf!”
9. “I go to UCSD Psych Services. The counselors are super nice! ☺”
10. “Spend time with a significant other just talking. ☺”
11. “I walk home from school to clear my head and get refreshed for the night ahead.”
12. “Don’t live with regrets.”
13. “Walking on the beach does wonders.”
14. “Meditation.”
15. “☺ Breathe and relax.”
16. “Pray!”
17. “My mom’s company.”
18. “I ♥ my family.”
19. “I watch the discovery channel.”
20. “To think about who created me and why?”  
(think about different religions)
21. “Basketball, swim, green tea.”
22. “Play computer games WOW!”

23. "I talk about my feelings! Let everything out. Releases tension, frustration..."
24. "I DAYDREAM!!!"
25. "Stay away from drugs and especially alcohol!"
26. "See a play once in a while ☺"
27. "My friends and I have sushi making parties...YUM!"
28. "Music is the best therapy."
29. "☺ Smile!"
30. "Play football! ☺"
31. "I hope!"
32. "Eat good food!"
33. "Roller derby"
34. "Lakers"
35. "LIVE"
36. "Have power."
37. "Be a helping hand for those in hard times."
38. "Laugh well and often."
39. "I make movies and write stories."
40. "Pull a blanket over my head as I eat an apple and read a fantasy novel in an attic while a thunderstorm rages outside."
41. "I watch movies in bed with my partner and we also go to the beach together."
42. "Live for myself!"
43. "Be excellent to each other..."
44. "Full=☺"

45. "I surround myself with good company!"
46. "Spend time with my boyfriend and besties. Family ♥"
47. "Exercise with your friends: social & physical."
48. "Joe, joe, joe, joe, joe"
49. "A little bit of alcohol is okay."
50. "Read and discover."
51. "Be the change you want to see."
52. "Think! : P"
53. "Play basketball, exercise, and spend time with friends and family."
54. "Watch PBS."
55. "Hope!"
56. "VOTE"
57. "A good cry and a good laugh."
58. "I workout regularly and maintain a positive attitude."
59. "Listen to Bruce Springsteen!"
60. "Friends and fresh air!"
61. "Family, friends ♥Laugh ☆and pray : P (and good grub)"
62. "Masturbation! : P"
63. "Appreciate the world around me for all its goodness and faults by accepting."
64. "I talk to my amazing psychologist. I work out. Lift weights. I try to do all my homework. I make time for friends. Get enough sleep."
65. "Read the Bible. Pray. Eat healthy. Jog, lift, laugh, love."
66. "Listen to music."
67. "Play with my puppies!"

68. "Don't take physics!"
69. "Take physics!"
70. "I can't live without my Mom. (I love her more than anything.)"
71. "Read all kinds of different subjects. The world is amazing."
72. "Practice safer sex."
73. "Walk, spend quality time with my partner."
74. "Hula hoop."
75. "I believe in hope."
76. "Dream!!!"
77. "Sleep 9-10 hours per night."
78. "SEX"
79. "The support from my best friend/soulmate"
80. "Surf"
81. "I LOVE my job! ☺"
82. "I play with my son! ♥"
83. "Eat well, relax, pray, and enjoy life."
84. "Three words: SUPER SMASH BROTHERS"
85. "Join 50K UCSD"
86. "UCSD VOLLEYBALL"
87. "Make love!"
88. "I ALWAYS take the stairs."
89. "Meditation, yoga, surfing."
90. "Open source software."

91. "Sex, seduction, knowledge."
92. "Play football."
93. "Go running with my boyfriend to the beach to watch the sunset."
94. "By not getting pneumonia, bronchitis, and a virus at the same time."
95. "Dance ♥"
96. "Whoop butt at guitar hero!"
97. "Play soccer!"
98. "Regular bowel movements."
99. "Taking the long way home."
100. "Walking for health and relaxation."
101. "Masturbation is healthy 😊"
102. "Smile 😊"
103. "Exercise with USMC Semper Paratus."