

# Mindfulness

Practicing mindfulness has a positive effect on the body, mind, and spirit. Meditation, yoga, and other mindfulness techniques can help improve focus, relax the mind, and decrease overall feelings of stress and anxiety. Being aware of your feelings and practicing self-care are important to your overall health.



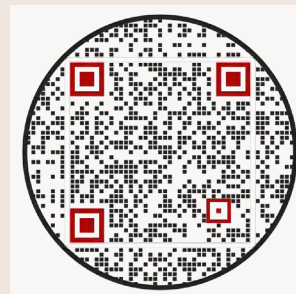
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# Health and Wellness



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# General Wellness

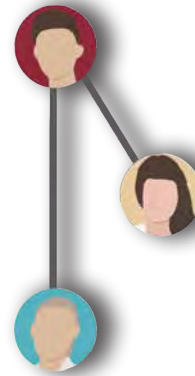
Wellness is the act of practicing healthy habits on a daily basis to attain better physical and mental health outcomes, so that instead of just surviving, you're thriving. Several key areas of your lifestyle are considered dimensions of overall wellness. They include:

- social connections
- physical activity
- nutrition
- sleep
- mindfulness



# Social Connections

Connecting with important people in your life can be a helpful way to improve your physical, emotional, and mental health. Take 10 minutes out of your day to call someone you've been thinking about. This is a great way to connect and catch up with the people that matter the most to you.



# Physical Activity

Engaging in 20 to 30 minutes of physical activity at least 3 days a week can positively impact your overall sense of well-being and help improve your mood. Taking the stairs instead of the elevator, a quick walk around the block, or doing a few squats, lunges, or crunches while watching television can make a big difference in your life.



# Nutrition



Including nutritious foods in your meal planning is an important part of your daily routine. Keep fresh fruits and vegetable on hand and ready to eat. Plan for several small meals with healthy snacks in between rather than eating 3 large meals each day.

# Sleep

Avoid eating and consuming caffeine late in the evening to help you fall asleep more easily. Try reading a book instead of watching television or other screen time, which can stimulate the brain and make getting to sleep difficult. Maintaining a regular sleep schedule (going to bed and waking up close to the same time each day) leads to more deep, restful sleep.

