

Top Ten Tips for Wellness

- 1. Stay positive** – Studies show optimism can have mental and physical health benefits
- 2. Cut the bad habits** – Avoid smoking, processed foods, sugary sodas and excessive alcohol consumption
- 3. Eat your greens** – Eat sensible, nutritious foods to maintain a healthy weight
- 4. Reach for H₂O** – Stay hydrated by drinking water throughout the day
- 5. Move more** – Exercise helps heart, lung and muscle function and can help reduce stress
- 6. Get your zzz's** – Aim for seven to eight hours of quality sleep each night to boost mental performance and mood
- 7. Reduce stressors** – Take mental breaks, stretch or go for a walk, focus on your breathing
- 8. Don't ignore warning signs** – Be responsive to your body's needs – talk to your doctor if/when something feels off
- 9. Ask for help** – No one is exempt from mental illness, don't hesitate to reach out to someone for help
- 10. Connect with others** – Healthy, social relationships are an important part of overall wellbeing

Always consult with your doctor before beginning any new diet or exercise routine.



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