



Clear Your Mind With Activity

Mindfulness doesn't always mean stillness – practicing yoga can add calm reflection into your life while challenging your body.

- Yoga is an ancient practice that combines specific postures and movements with mental focus, breathing, and meditation or relaxation.
- Adding yoga to your routine has immediate as well as long-term benefits that contribute to whole body health.
- Practicing yoga can give you added strength and flexibility.



Rest & Relaxation For the Win

Relaxation is a skill that can be developed. You can take a class to learn new techniques, or practice on your own – but the most important thing is to keep it up.

- Practice deep breathing techniques throughout the day by inhaling through your nose and exhaling through your mouth slowly and deliberately.
- Pick up a meditative hobby like walking, painting, gardening or bird watching.
- Take up Tai Chi, Qi Gong, yoga or guided meditation with an instructor to develop your technique.



Make Self-Care a Priority

Too often we put our own needs aside to get things done for family, work and other responsibilities. To be your best you, it's important to add a healthy dose of self-care.

- Add calming activities to your day, like lunchtime walks and yoga, to rejuvenate and refresh.
- Take time out for you – use your vacation days, whether you go on a big trip or just hang at home for a staycation.
- Don't overlook your emotional and mental health -- get help if you need it to manage stress, anxiety, depression or grief.



Add Balance with Mindful Meditation

Take a break from your to-do list to add a few minutes of calm to your day. You don't have to be a meditation guru to reap the benefits of mindfulness.

- Practice regularly, even if you start with just a minute or two each day.
- Make it comfortable and personalized – the classic pretzel position is not necessary to unleash your inner Om.
- Neutralize your racing mind by acknowledging thoughts as they come and letting them pass freely.

Learn how mindfulness and meditation can boost health and wellbeing.



Sleep Your Way to Whole Body Health

Catching ZZZ's could be the key to unlocking a healthier you. Amount and quality of sleep can influence your eating habits, mood, memory, internal organs and more.

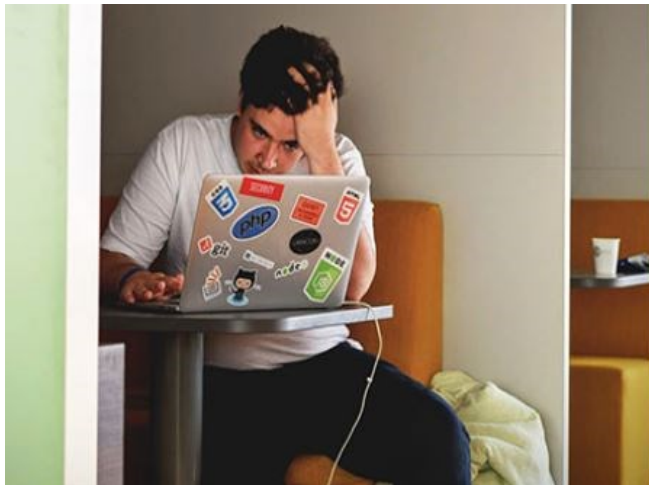
- Proper rest allows you to recharge your batteries, so that you're less likely to crave sugary, fatty foods that provide quick energy.
- How much rest you need is personal, but many people require about seven hours of quality sleep each night.
- Be more active, limit caffeine (especially before bed), and establish a bedtime routine to get on track to better sleep.



Take It Slow

When you're feeling anxious, stressed out or angry, take a step back to gather your thoughts and look at the situation objectively.

- In high-anxiety situations, give yourself some space – take a walk and come back later when tensions subside.
- When you're feeling angry or upset with someone, count to ten and take a few deep breaths before you react.
- Take preventive measures to avoid stress, like leaving a few minutes earlier to avoid being late, or avoiding busy roads so you can stay calm while driving.



Kick Stress to the Curb

How much stress you have in your life, as well as how you react to it, can play an important role in your overall health. Keep stress at bay with positive coping techniques.

- Focus on healthy outlets for your stress, like taking a walk, journaling, volunteering or a hobby that you love.
- Add regular exercise, breath work and meditation to your routine to help you stay more relaxed under pressure.
- Be sure to get enough sleep and take everything one step at a time, especially when you feel rushed or overworked.



Losing Weight & Keeping it Off

Long-term weight loss and maintenance is all about lifestyle and making healthier choices on the regular.

- Losing weight is a simple equation – eat less calories than you burn and you'll see a difference over time.
- Focus on portion control and eating healthy while increasing calories burned with regular activity, like walking or riding your bike to work.
- Don't fall into "cheat day" traps – for long-term results, develop a pattern of healthy eating and indulge sensibly on occasion.