

“YOU CAN’T POUR FROM AN EMPTY CUP”

Tips for making well-being a daily routine:

1. **UN-PLUG** – reduce time spent watching, reading, or listening to news stories and social media. It’s good to be informed, but constant messaging about world issues and the pandemic leaves you absorbing more information than one can realistically process.
2. **TAKE BREAKS** - Allow yourself 15 minutes of rest. This can look different to different people:
 - a. **BREATHE** - breath work can clear your mind and release tension we are physically and mentally holding on to.
 - b. **MUSIC** has a way of connecting us back to a time and place. Listen to an upbeat song to energize you, and fill your head and heart with happy memories.
 - c. **MOVE** that body! – Maybe it’s a walk around the house or your place of work. Try and get outside if weather permits, stretch or meditate.
3. **CARRY ON** with routine preventive measures (such as vaccinations, cancer screenings, etc.) as recommended by your healthcare provider.
4. **RESOURCES** – make the most of your employee benefits. Many people underutilize benefits they are eligible to receive like counseling, massage etc.
5. Get plenty of **SLEEP** and **WATER** – everything looks different when you’re well rested and hydrated.

For help getting started call to book a session with your Employee
and Family Assistance Program # 807-623-7677