

Caring for you in all ways. Always.™



The mind-body connection

Your mental health and physical health impact each other more than you might realize. Here's how to improve both by making a few small changes.

- **Move your body.** Exercise can boost both physical health and mood. Do activities you enjoy, like walking, biking, or dancing.
- **Get enough sleep.** Aim for 7-9 hours of sleep each night. Good sleep helps your body and mind recover and perform at their best.
- **Eat a balanced diet.** Eating healthy foods like fruits, vegetables, and whole grains supports both your body and brain. Drink water to stay hydrated.
- **Stay connected.** Connecting with friends and family can reduce stress and improve happiness. Even though life gets busy, make time for those who support you.
- **Practice mindfulness.** Mindfulness helps reduce stress and improve focus. You can practice it through deep breathing, meditation, or being present in the moment.

Your workplace may offer valuable well-being support

Many employers offer workplace well-being programs. Not sure what your company offers? Check your benefits guide so you can take advantage of these benefits!

Taking mindful breaks at work

Mindful breaks involve being present in the moment and are essential for your mental clarity and productivity. Next time you need a break, try taking a brisk walk, briefly stretching or doing deep breathing, or stepping away from your screens.



Expert help, delivered with heart

Health Advocate is here to help you and your family with any health or well-being issues.



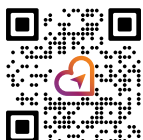
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Get the support you need, right when you need it, so you can have peace of mind.



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