

Life, Health and You



Implementing Self-Care

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. Even small acts of self-care in your daily life can have a big impact. Here are some tips to help you get started with self-care:

Get regular exercise. Just 30 minutes of walking every day can help boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.

Eat healthy, regular meals and stay hydrated. A balanced diet and plenty of water can improve your energy and focus throughout the day.

Make sleep a priority. Stick to a schedule, and make sure you're getting enough sleep.

Try a relaxing activity. Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or

breathing exercises. Schedule regular times for these and other healthy activities you enjoy such as journaling.

Set goals and priorities. Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much. Try to be mindful of what you have accomplished at the end of the day, not what you have been unable to do.

Practice gratitude. Remind yourself daily of things you are grateful for. Be specific. Write them down at night or replay them in your mind. Focus on positivity. Identify and challenge your negative and unhelpful thoughts.

Stay connected. Reach out to your friends or family members who can provide emotional support and practical help.

Self-care looks different for everyone, and it is important to find what you need and enjoy managing your mental health.

6 Techniques to Master Prioritization

1. Create a list that includes every little task you must get done in a day, a week, or even a month.
2. Manage expectations. In other words, be realistic with what you can actually get done in a given time period.
3. Choose up to three tasks that must be completed in that one day. These tasks should be based on level of importance.
4. Eliminate Distractions. Turn the TV off and put your phone in a place where you won't be tempted to access it.
5. Focus on the activities where you should actually be spending most of your time.
6. Be Flexible. Understand that your list of priorities will sometimes change, and you'll have to adjust.

National Health Observances

Each month, we feature select National Health Observances that highlight important health & life issues affecting people every day.

February is [American Heart Month](#) sponsored by the American Heart Association to raise awareness about Heart Health.

[National Caregivers Day](#): February 17th honors individuals who selflessly provide personal care, and physical and emotional support to those who need it most.

Mental Health Minute



The emotional and physical demands of managing multiple priorities can strain even the strongest person. Many resources and tools can help you care for your loved ones and yourself. To help manage stress:

Ask for and accept help. Make a list of ways in which others can help you. Focus on what you can do.

Set goals you can reach. Break large tasks into smaller steps that you can do one at a time. Make lists of what's most important. Follow a daily routine.

Seek social support. Stay connected to family and friends who support you. Make time each week to visit with someone, even if it's just a walk or a quick cup of coffee.

Take care of your health. Find ways to sleep better. Move more on most days. Eat a healthy diet. Drink plenty of water.

LIVE MONTHLY WEBINAR:

The Sandwich Generation: The Ultimate Balancing Act

Date: 2/7/2023 | Time: 1:30 PM to 2:30 PM EST

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