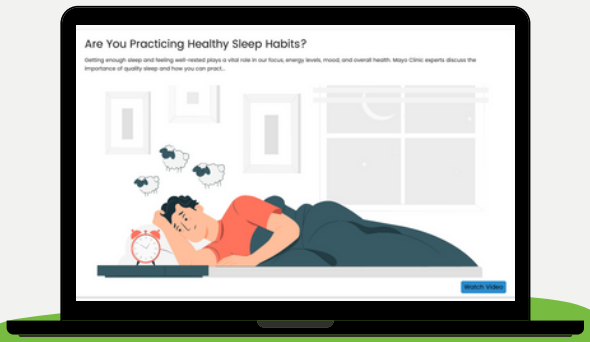
Healthy Habits

THE IMPORTANCE OF SELF-CARE

Prioritizing your mental health can better your emotional, physical, and social well-being. According to the National Institute of Mental Health, self-care is one of the most effective ways to lower stress, reduce the risk of illness, boost energy, and improve mental health overall. May honors Mental Health Awareness Month—making it the perfect time to begin practicing self-care habits:

- **Find a relaxing hobby:** Whether you choose to journal, meditate, read, or spend time in nature, a low-stress hobby can clear your mind. Schedule time to pursue a relaxing activity that you enjoy!

- **Prioritize a consistent sleep schedule:** A well-rested sleep routine can make for an easier, happier, and more productive day. If you're struggling to sleep at night, consider putting away electronic devices before bed and sticking to a set schedule.



Watch this video from Mayo Clinic for additional tips on getting better sleep to care for your mental health

- **Focus on healthy eating**: Make consistent, balanced meals a part of your everyday. A healthy diet and staying hydrated will keep you focused and energized. Limiting caffeine and alcohol consumption can also help improve mood and mental well-being.

- **Practice positivity:** Identify negative thoughts and work toward shifting your perspective. A positive mindset is an act of self-care!

If you completed a screening with Empower Health Services, explore additional health and wellness resources on empower.health!
Simply scan the QR code and click the download icon to install the app on your mobile device.

THE BENEFITS OF NURTURING SOCIAL CONNECTIONS

Connecting with others is an essential part of life. The Centers for Disease Control and Prevention says that "people with meaningful social connections experience benefits such as less stress, better sleep, and a longer, healthier life."

Our social connections come in many forms—from friends and family to people in our community. There are many ways we can nurture the relationships we have with others:

- Prioritize spending time with the people who care about you.
- Join a group with others who share similar interests, hobbies, or values.
- Be a support to others in your life, and ask for support when it's needed.
- Focus on building strong and meaningful relationships with those close to you.
- Take the time to address conflict when it arises.

Improving social connections can be simple, but meaningful. Even small acts, such as volunteering in your community or writing a note to a friend, make a big difference in improving your relationships and your mental health!

MAY RECIPES

SWEET AND TANGY CHICKEN BURGERS

GET RECIPE

SUMMER SUCCOTASH

GET RECIPE

GRILLED CHIPOTLE PORK TACOS WITH RED SLAW

GET RECIPE

Connect with Empower Health Services!

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