



# TAKE CARE OF YOU

## #YourLifeMatters

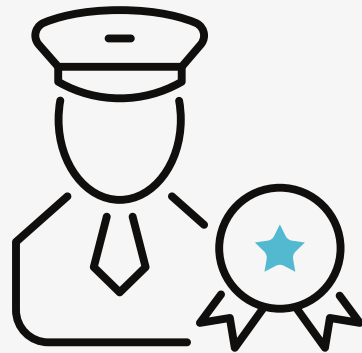
### Nourishment

People who eat meals high in vegetables, fruits, whole grains, fish and nuts are 30% less likely to develop depression



#### exercise

Exercising 3 days a week decreases stress, increases energy levels and improves happiness



#### time off

64% of people feel refreshed and excited to get back to work after a vacation



#### laugh

Laughter increases the release of feel-good endorphins and can lower blood pressure

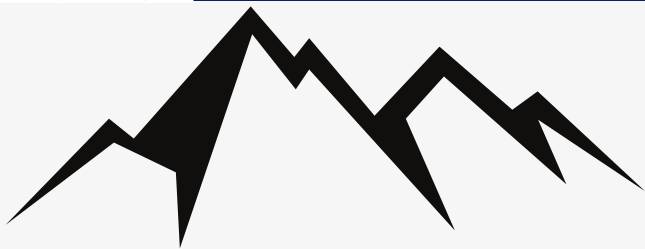
### Sleep

40% of adults sleep less than the recommended 7 to 9 hours a night. Sleep plays a major role in our overall health – improving emotional regulation and management of anxiety



#### Get Outside

On average, Americans spend 93% of their time indoors – get outside – nature and sunlight improves our mood, restores the spirit, and improves focus and clarity



### Practice Mindfulness

The practice of pausing, breathing, and just “being” is essential to our well-being and mental health, helping us reduce stress, worry less and enhance feelings of resiliency.



practice kindness to others and yourself

#### socialize

Close social relationships improve our self-confidence, and help us cope with ups and downs in life



enjoy a hobby that brings you joy



find space in solitude to have moments of quiet reflection

