

Top Ten Tips for Wellness

1. **Stay positive** – Studies show optimism can have mental and physical health benefits
2. **Cut the bad habits** – Avoid smoking, processed foods, sugary sodas and excessive alcohol consumption
3. **Eat your greens** – Eat sensible, nutritious foods to maintain a healthy weight
4. **Reach for H2O** – Stay hydrated by drinking water throughout the day
5. **Move more** – Exercise helps heart, lung and muscle function and can help reduce stress
6. **Get your zzz's** – Aim for seven to eight hours of quality sleep each night to boost mental performance and mood
7. **Reduce stressors** – Take mental breaks, stretch or go for a walk, focus on your breathing
8. **Don't ignore warning signs** – Be responsive to your body's needs – talk to your doctor if/when something feels off
9. **Ask for help** – No one is exempt from mental illness, don't hesitate to reach out to someone for help
10. **Connect with others** – Healthy, social relationships are an important part of overall wellbeing

Always consult with your doctor before beginning any new diet or exercise routine.

