

#SELFREMINDER

LEARNING TO
LOVE
YOU!

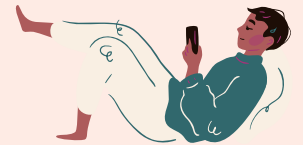
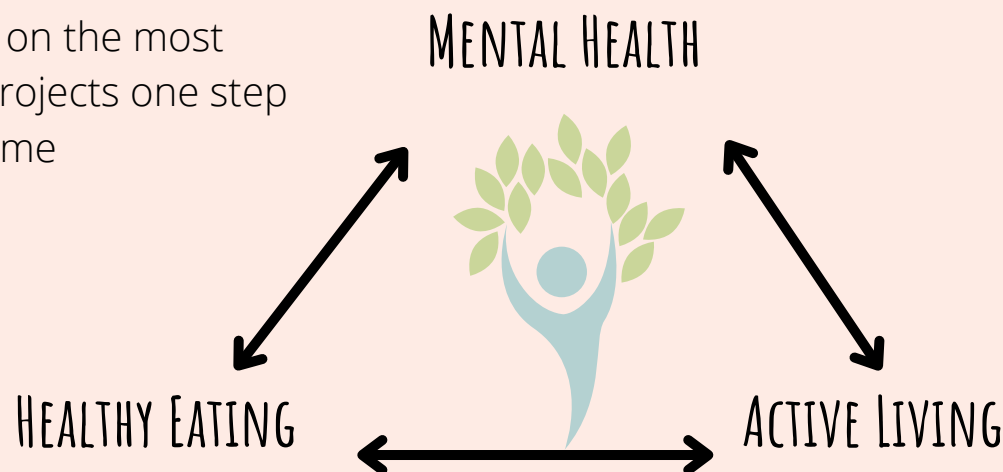
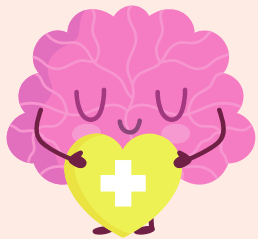


APPEAL

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MENTAL HEALTH, ACTIVE LIVING, & HEALTHY EATING

- **Slow Down:** Plan ahead so then you are not rushing
- **Get Connected:** A daily dose of friendship is the best medicine. Make time to meet up with, face time, zoom, or call family & friends
- **Laugh it up:** Laughing makes us feel good. Don't be afraid to laugh out loud even when alone
- **Get organized:** Use "to do" lists to help you focus on the most important tasks/ projects one step at a time



Ways to Relax:

- **Mediation:** Using the Calm app or just sitting outside and breathing
- **Yoga / Stretch:** After sitting all day in a desk or chair also be sure to decompress your body and eyes by closing your eyes and stretching your body
- **Listen to music:** Listening to your favorite tunes can also get you to relax
- **Reading:** Take a step back from technology. Reading relaxes the eye muscles & body
- **Selfcare:** This looks different for everyone, but take time in the day to do something for yourself that you enjoy

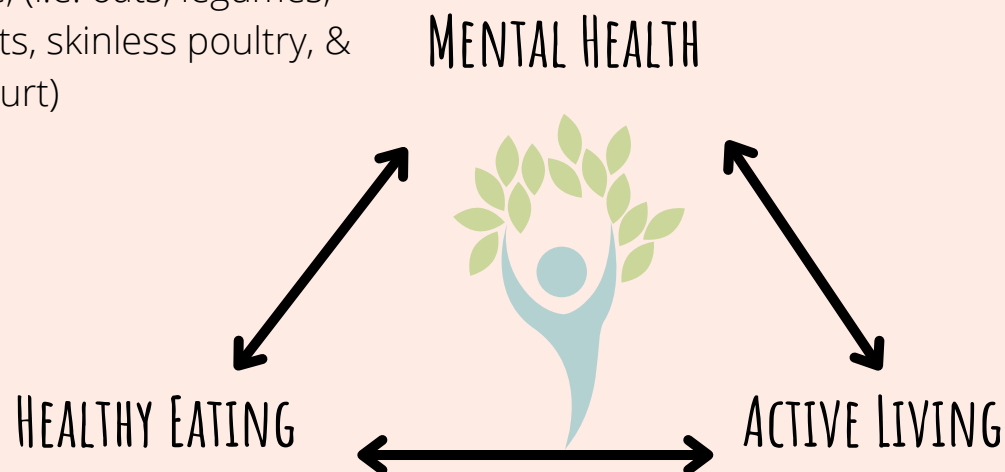
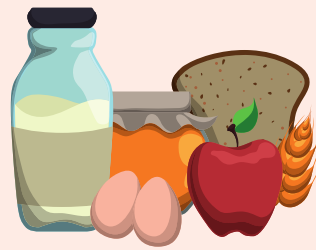


References:

<https://www.heart.org/en/healthy-living/healthy-living-infographics>

MENTAL HEALTH, ACTIVE LIVING, & HEALTHY EATING

- **Create the Healthy Plate:** Try to make each meal with vegetables, whole grains, fruits, dairy, proteins, & healthy oils
- **Limit Sodium Intake:** Try to limit sodium intake to 480 mg per serving to ensure good heart health
- **Reason to Color:** Indulge in colorful foods, it helps keep our bodies & minds healthier
- **Superfoods:** Eat foods that provide twice the nutritional value, (i.e. oats, legumes, dark leafy greens, nuts, skinless poultry, & yogurt)



- **Fit in 150+:** Try to get 150+ minutes per week of moderate-intensity activity
- **Move more, Sit Less:** Get up & move throughout the day, do some activity to offset serious health risks
- **Add Intensity:** Moderate to vigorous aerobic exercise is best. Make your heart beat faster than normal!
- **Add Muscle:** Try to add weight training or resistance to your workouts at least twice a week
- **Feel Better:** Physical activity is the best for the body & brain, it helps relieve stress, improves mood, helps with sleep, & lowers your risk of chronic disease, depression, & dementia



References:

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