

Take Care of You



Schedule time for you

- Talk to friends and family members—sharing your feelings can help you feel better
 - Try to keep a positive attitude and a sense of humor
 - Take care of your whole self
 - Schedule downtime every day
 - Create a quiet space in your home where you can go to relax
 - Get plenty of sleep
- Keep a journal to record good things about each day—and how they made you feel

Simple Exercise Tips

- Get outside and walk
- Take the stairs instead of the elevator or escalator.
- Walk or ride a bike instead of driving.
- Dance. Turn on some music while you clean.
- Utilize what's around you — many common items can be used to exercise, from chairs to cans of food

**Talk to your doctor before starting any exercise program.*

Simple ways to eat healthy

- Control your portion size. Try using smaller-size dishes.
- Eat slower. It'll give your body time to digest, and you'll feel fuller faster.
- Eat a well-balanced diet filled with nutrient-rich foods like whole grains, spinach, berries, and nuts.
- Drink plenty of water. It will keep you feeling fuller throughout the day.
- Don't skip meals. It can lead to out-of-control hunger and overeating.

It's OK to ask for help

- Family members and friends may be able to help and offer emotional support
- Support groups can connect you with people in similar situations
- Professional services, like cleaners or caregivers, can give you a break
- Utilize our employee assistance program

- Covenant Health Humana EAP