

Power of the mind-body connection

Life can be hectic, and there never seems to be enough hours in the day for all the demands that life throws our way. When you learn to say no to unnecessary distractions, and yes to yourself, you'll find you have more moments to unwind and recharge.

Eat right

- **COLOR IS KEY** – For the most nutrition, aim for lots of color in your meals, including at least five servings of fruits and vegetables a day.
- **ENJOY YOUR MEALS** – Don't multi-task while eating. Enjoy your food and eat slowly.

Get regular exercise

- **BE ACTIVE** – Staying fit is essential for avoiding work injuries, maintaining energy and enjoying time away from work.
- **MAKE IT FUN** – Physical activity can be fun! Do things you enjoy or try something new and you'll add pleasure to your life.

- **TUNE INTO NATURE** – Take a hike, go for a bike ride or try snow-shoeing.

Take time for the important things

- **STAY CONNECTED** – Schedule quality time every week with your family and friends.
- **MAINTAIN THE HOME FRONT** – Set aside time for necessary weekly housekeeping and chores.
- **RECHARGE YOUR BATTERIES** – Each week plan time for things that refresh you, like hobbies, long baths, sports, hair and nail care, walks and reading.
- **ENJOY THE QUIET OF BEING ALONE** – Say a prayer, meditate, drift off for a nap or listen to music.



When you have taken care of yourself, you can take care of others.
Everybody wins.



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