

## **Wellness Tips**

Eat a healthy, well balanced diet

Avoid too much sugar, caffeine and alcohol

Drink plenty of water

Get plenty of sleep

Exercise regularly

Schedule time to relax

Take a nap

Play: listen to music, play with your kids, play with your pets, read a book

Treat yourself: Go to the movies, eat at a nice restaurant, get a massage

Simplify your life

Laugh: Watch a funny movie or recall a funny memory

Call a friend and reminisce

Sit quietly and reflect on the people in your life that you are thankful for