



# Small steps

## 21 Days of being healthy

Your health includes both mind and body. And small changes can add up to big outcomes. Did you know that doing four push-ups a day will lead to over 1,000 push-ups a year? Or going from two sodas a day to one can save up to 4,200 calories a month?

For each of the next 21 days, take at least one small step to improve your health. Here are some ideas:

<b>1.</b> Add a serving of fruit or veggies to each meal	<b>2.</b> Go tech free for an hour	<b>3.</b> Go to bed five minutes early	<b>4.</b> Take the stairs instead of the elevator	<b>5.</b> Drink eight glasses of water a day	<b>6.</b> Call an old friend	<b>7.</b> Schedule your yearly physical
<b>8.</b> Use a fitness tracker to measure your activity	<b>9.</b> Start a gratitude journal	<b>10.</b> Do something that makes you laugh	<b>11.</b> Stop eating when you feel full	<b>12.</b> Go for a walk outside	<b>13.</b> Meditate, pray or be still for five minutes	<b>14.</b> Say “no” to projects that will overwhelm you
<b>15.</b> Carry healthy snacks	<b>16.</b> Find fun ways to move your body	<b>17.</b> Challenge your brain — read a book or work on a puzzle	<b>18.</b> Schedule a dentist appointment	<b>19.</b> Avoid skipping meals	<b>20.</b> Try a new activity	<b>21.</b> Schedule your next vacation

Health doesn't have to be complicated. Use the next 21 days to start a lifetime of healthy habits.

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# 100 ways to let go of stress



Make lists, take a deep breath, exercise, sing a song, eat right, call a friend, laugh at yourself, ask for help, smile, set goals within your reach, take breaks, put first things first, share the work load, spend time each day getting rid of clutter, have a hobby, keep noise down, talk things out, think about a peaceful place, learn to relax, budget time and money, take a deep breath, massage tense muscles, reward yourself, go out for lunch, meditate, set limits, focus on good thoughts, count to 10, feel your feelings then let them go, eat good foods, do neck rolls, work as a team, believe in others, believe in yourself, enjoy the small things, be kind, cry if you want, remember: time does heal, go for checkups, take a walk, put things in their place, be flexible, stretch often, control your weight, set deadlines that you can meet, don't sweat the small stuff, learn to say "no", forgive and forget, use the right tools, don't put things off, think about your joys, encourage others, get up earlier, volunteer, see problems as challenges, love others, love yourself, stop and smell the roses, never drink and drive, screen your calls, avoid needless meetings, give hugs, accept hugs, seek out positive people, be faithful, read good books, remember your triumphs, tell a joke, laugh often, go fishing, tell someone you love them, share your feelings, think about all the good things you've done, daydream, dance, play with your dog or pet your cat, do some yoga stretches, give a gift to someone, give a gift to yourself, close your eyes, take up knitting or crocheting, list your blessings, listen to a song that brings back great memories, write a poem or letter, paint or color, sit by a fire, look at a candle for five minutes, have a cup of tea, read something funny, do something good for others, do something good for yourself, take a nap, watch a sunset, watch a sunrise, do one thing at a time, take one day at a time, breathe in peace and breath out stress, listen, stretch, take a warm bath, tense and release major muscles, play!

Still feeling stressed? We're here for support anytime you need it.

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