

Taking control of your mental wellness is a discipline that can result in living a happier life. Make today and this year better than the past by putting focused time on your calendar to care for yourself.

Tip #1 Sleep well:

- Stick to a sleep schedule. Limit caffeine, alcohol, and naps. Avoid putting pets in bed with you. Avoid using electronics close to bedtime. Monitor the room temperature.
 - These tips can be challenging but when done, they can make a dramatic difference in your sleep.
- If you have persistent snoring, seek help from a sleep provider at [Deaconess - Find a Doctor](#)
- For more sleep tips, log into the Wellness Portal [Log In - Personal Health Portal](#)

Tip #2 Exercise regularly:

- Add 30 minutes to your calendar 3-5 days per week to focus on exercising or moving. Start slowly and work up to 5 days per week of vigorous exercise. Login to the Wellness Portal [Log In - Personal Health Portal](#) for more tips.
- Find a friend or an accountability partner to help with motivation.
- Sign up for a Bfit membership [BFIT FLYER for Benefit Guide](#) through Heritage. Doing more than you did last year is a great goal!

Tip #3 Connect with others:

- Social interaction is important for feeling supported and reducing isolation. Find a social group that aligns with your interests. The group could be a church, a biking club, a card club, a motorcycle club, etc.
- Giving gratitude to others by utilizing the LOU Cards and LOU it Louder on Heritage Connect will positively impact your mental wellness.

Tip #4 Practice mindfulness:

If you suffer from anxiety or are going through a time in your life with high stress, practicing mindfulness can help. A great resource to get started is downloading an app called Headspace at [Meditation and Sleep Made Simple - Headspace](#)

Tip #5 Healthy diet:

- You really 'are what you eat'. Eating healthy doesn't have to be as my kids report- 'GROSS'.
- Click here for tips to having healthier eating habits. [11 tips for healthier eating habits - Mayo Clinic Press](#). Or learn more in the Wellness Portal [Log In - Personal Health Portal](#)
- Google 'healthy recipes that taste good'. Or follow Weight Watchers online for healthier recipes. Your body will thank you as you age by reducing inflammation and pain. Login to the Wellness Portal for more tips.

If you need more help, you are encouraged to talk to someone. Heritage has free resources through EAP [EAP-Flyer-For-Employees.pdf](#). You can also visit Deaconess Mental Health Urgent Care [Deaconess - Immediate Care - Urgent Care](#) or other mental health providers.