

Ways for a balanced well-being



Well-being is more than just physical – **it involves your emotions, too.** To be truly healthy and happy, it's important to take care of your emotional health as well as the health of your body. When you're emotionally healthy, you can understand and adapt to change, cope with stress, and create a more positive outlook.

Boost your emotional well-being with these easy actions:

- **Maintain a healthy lifestyle** – Having a healthy diet can help your body handle stress. Don't forget to limit caffeine and sugar intake, as both can lead to crashes in mood and energy. Regular exercise can increase your resistance to stress and help you feel clear and strong.
- **Make time to relax** – Being constantly on the go can be draining. Be sure to spend time each day doing something you enjoy that's completely frivolous: watching funny videos, doing crossword puzzles, or doodling art.
- **Don't skimp on sleep** – Get adequate sleep every night. Sleep deficit can affect your mood, energy, metabolism and weight gain, and immune system function.
- **Connect with others** – You can change the way you feel about yourself by talking to a friend, family member, or neighbor. Volunteering is a great way to help someone and change the way you feel about your life. Making a difference in the lives of others can help combat feelings of stress.
- **Have some fun** – Sometimes we forget how to have fun. What simple activities bring joy in your life? Going to the movies, listening to a live concert, getting down on the dance floor, or just riding a bike? Don't wait for free time, schedule it in your calendar – and do it.
- **Deal with stress** – Recognize the stress triggers in your life and how you react to them. Look for ways to avoid some of these triggers, and learn to prepare for or manage others.
- **Get a breath of fresh air** – Even if you only take a short 10-minute walk around the block, those 10 minutes can help clear your mind and relax the body. Approach health breaks as a fun activity with friends and family, and you're more likely to stick with it.

Get in touch with your well-being

Explore the different ways of balancing your life and well-being with Healthy Lifestyle Rewards. Just log on to blueshieldca.com/hlr, click on *Information Centers*, then select *Go to the Stress Center*.