



Big changes come from small steps

Five simple steps that could boost your well-being

1

Exercise

Staying active often improves your sense of well-being and helps you feel more energized.

2

Stay connected

Visiting friends and family, joining a club or walking with a group may help boost your morale.

3

Get in a good routine

Sticking with daily activities, including scheduling times for meals, exercising and socializing may be beneficial. Also, try to get at least eight hours of sleep and keep a consistent bedtime.

4

Manage stress

Relaxing activities such as yoga, tai chi and meditation may help ease your stress.

5

Talk it out

Speaking to a friend, trained counselor, physician or spiritual leader may help improve your mood.

These are just a few suggestions. Talk to your healthcare provider about other ideas that might benefit your physical and emotional health.