

ActiveYou

ActiveHealth® Management: Tips for well-being
December 2019



Self-care isn't selfish

Taking care of your body is the key to good health at every age. It can help slow down or even prevent problems.

Self-care involves making informed decisions about any health issues. And getting preventive care. Awareness, prevention and early detection can keep you healthy!

Self-care can mean:

- Getting daily physical activity
- Making healthy food and drink choices
- Keeping a healthy weight
- Having routine preventive care
- Knowing your health numbers
- Getting good quality sleep
- Managing stress
- Quitting tobacco

Make an appointment for a check-up with your health care provider today!

What is self-care?

Self-care is what you do to take care of our mental, emotional and physical health.

It's so simple. But many of us may overlook this important aspect of life.

Good self-care:

- Can improve your mood
- Can reduce anxiety
- Is important for a good relationship with others and with ourselves



Upcoming events

Wellness Webinar Series

The Gift of Health

December 10, 2019

9:00 am, 11:30 am and 3:30 pm CT

<http://go.activehealth.com/wellness-webinars2.html>

Stop stress!

When you're feeling stressed out you may feel physical or emotional tension.



Stress is often related to negative events, like losing a job. But it can also come from something positive, like planning a wedding.

The best way to deal with stress is through self-care! Try these tips when you're feeling stressed.

- **Avoid drugs and alcohol.** In the long run, they create more problems and add to your stress instead of taking it away.
- **Find support.** Having someone to listen can really lighten your load.
- **Connect socially.** Make sure you spend time with loved ones.
- **Take care of yourself.** Eat well, get plenty of sleep and exercise regularly.
- **Stay active.** Take your mind off problems by seeing friends, helping a neighbor or volunteering.



Coach's corner

Meet Claude. He's a Health Coach for ActiveHealth. He enjoys helping members create a culture of health at work that supports well-being, productivity, and happiness.



Claude's tips for reducing holiday stress:

- **Don't expect perfection.** Accept that things might be different than they used to be. Being with family and friends is the main thing. Don't sweat the details!
- **Don't overspend on gifts.** It really is the thought that counts. The best gift to give is a happy, unstressed you!
- **Plan ahead to reduce stress.** Make a checklist. Get some things out of the way early, like cleaning or cooking.
- **Make time for yourself.** Read or listen to music. Get a massage or go to the gym. No one will mind if you take some all-important "me" time.



Check out MyActiveHealth

MyActiveHealth.com is a digital gateway to help you manage your health and well-being. Best of all, it's designed around you. You choose your goals, and you set the pace. And, it's easy and fun to use.

You'll find many items, such as a health assessment, online learning tools, healthy recipes, and more!

Sign up or visit myactivehealth.com/Mississippi today!



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