

10 Tips for Healthier Living

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1. Get Active

There are lots of ways to keep moving. Join a gym or YMCA, ride a bicycle, exercise while watching tv, or take a brisk walk around town.

2. Sleep hygiene

Adults need between 7-10 hours a night. Set a bedtime routine, limit caffeine, reduce electronic usage and blue light.

3. Healthy diet

Eat regular meals throughout the day, increase fiber, vegetables and fruits, and drink plenty of water.

4. Avoid substances

Stay away from alcohol, tobacco and other harmful substances.

5. Stay social

Keep connected to friends through social events, volunteer activities and other face to face social interactions outside of social media.

6. Practice mindfulness

Engage in mindful meditation practices even if only a few minutes a day. You can also perform daily activities mindfully by focusing your attention purposefully in the moment (without multitasking). Focus on your breathing and notice what's happening with each of your five senses.

7. Practice self-compassion

Identify your inner self-talk and remember that you don't believe everything you think. Practice noticing your inner dialogue and speak to yourself the way you would speak to a friend or loved one instead.

8. Practice gratitude

Spend time each day recognizing the good in your life and write out what you are grateful for each day. Savor the positive moments in your life.

9. Active goal setting

Plan out your day/week/month with goals to help you get to where you want to be. Make sure to keep them SMART (specific, measurable, achievable, results-based, timely).

10. Reach out and ask for help

If you are having difficulty, seeking treatment for mental health or emotional health concerns is just like seeing a doctor for the flu or a broken bone. Reach out today.

Resource:

- National Suicide Prevention Lifeline: 800-273-TALK (8255)
- NJMentalHealthCares: 1-866-202-HELP (4357)
- NJ 2-1-1 Help Line: 973-398-1730
- National Alliance on Mental Illness. Helpline: 1800-950-NAMI (6264) www.nami.org
- Mental Health Association of NJ, www.mhanj.org
- To find local therapist/psychiatrist: www.psychologytoday.com



For a free phone consultation with Cara Maksimow, LCSW
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