Are you feeling generally worn out and sluggish? Wondering what you can do to improve your overall wellbeing? Start by making some small changes to your nutrition, fitness level, and sleep habits, and consider even small moments of mindfulness. You may find that these simple steps help improve your energy level and outlook.

- **Nutrition** – try replacing one meal or snack a day with a clean, non-processed food, such as a handful of nuts or seeds, whole grain bread topped with protein packed almond butter or an avocado spread, or roasted vegetables drizzled with olive oil and pumpkin seeds. Swap one meal a week for a plant-based food or fish. Experiment with eating as many colors of the rainbow throughout the week when it comes to your veggies.

- **Fitness** – the U.S. Department of Health and Human Services suggests aiming for 150 minutes of moderate-intensity aerobic activity a week (strive to break a sweat but still hold a conversation) OR 75 minutes of vigorous-intensity aerobic activity (more rapid breathing, but you could hold a conversation in short spurts). This can be broken into smaller 10-minute intervals. Make a goal to pick one day to go for a walk or jog when you would normally turn on the TV or check email.

- **Sleep** – aim for 8 hours. Set a time each night to completely unplug and stick with it. If you have worries keeping you up, keep something next to your bed to jolt down your thoughts and get them off your mind. Make one change to your room to create a more peaceful environment – add blackout curtains, a white noise machine, or a fan to help keep your room cool (under 67 degrees is ideal).

- **Mindfulness Practice** – a regular mindfulness practice can actually change the cortical make-up of the brain. Not only can it help with stress relief, a regular practice can help improve impulse control and self-discipline. Even if you cannot practice regularly, think about small moments that you can have during your day, even as you are driving or sitting at a computer. Notice your breathing and let it anchor you. Notice your body and areas of tension. Do a body scan and target areas to relax. There are so many great apps available to help you in developing a practice, such as Head Space, Calm, The Mindfulness App, and Stop, Breath and Think.

When it comes to your wellbeing, aim to make changes that are achievable and make sense in your life. Small changes can yield many beneficial results.

**Are you struggling with tension and stress or generally overwhelmed? Your EAP can help. Call today for free, confidential assistance.**

References:
National Sleep Foundation [www.sleepfoundation.org](http://www.sleepfoundation.org)
Mindfulness: 10 Lessons in Self Care for Social Workers, [www.socialworker.com](http://www.socialworker.com)