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10 ways to a better YOU in **2017**

1. **Sleep** - Sleep is VERY important for both physical and mental health. According to the National Sleep Foundation adults need 7 to 9 hours of sleep a night.
2. **Water** - Drink more water! A good rule is "Drink 8 glasses of water a day."
3. **Eating habits** - Healthy eating habits are the foundation of physical and mental health. What we put into our bodies directly affects our energy and moods. Make sure your plate includes vegetables, fruits, grains, proteins, and dairy. Take time each week to plan a menu, shop for the foods needed to prepare the meals, and decrease your intake of fast food and processed foods.
4. **Exercise** - A general rule for exercise is at least 30 minutes of physical activity a day. The type of exercise needed depends on each body type and your exercise goals. Talk with your primary care doctor about developing a specific exercise plan.
5. **Deep breathing** - Learn and practice deep breathing. Take time to deep breathe, reflect on your day, and meditate in the evenings.
6. **Self-care** - Take time for self-care! Be selfish! Take time to do something completely and totally for yourself!
7. **Volunteer** - Helping others makes you feel good, gain confidence, and learn new skills, plus giving and helping others makes you feel happy! It can be something as small as holding the door open for someone.
8. **Practice forgiveness** - Learn to let go and forgive! Holding on to anger and hate will cause problems with your mental and physical health. Learn to accept things for what they are, let go of your negative feelings, and forgive if not for the other person, but for your own health.
9. **Take time away from technology** - TURN OFF your electronics and take time away from the screen.
10. **Stay positive** - Practice positive thinking! Practicing positive thinking can improve relationships, improve energy levels, lead to higher self-esteem, and lower stress.

Still have questions?

Talk with your therapist about ways to be the best YOU in 2017!

Additional Info:

<https://sleepfoundation.org/>

<https://www.choosemyplate.gov/>

<http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256>