Luzio & Associates Behavioral Services, Inc.

Healthy Lifestyle Habits that Promote Wellness

April, 2019

As humans, we develop habits that we follow throughout life. Our habits save us time and mental energy, allowing us to perform many actions without using concentrated thought. While many of the typical person's habits, most of us develop a number of unhealthy habits over time. Conscious effort is necessary to adapt a new habit or change and unnecessary habit to a more beneficial one. Here are some tips to promote better health wellness:

- ✓ **Eat a nutritious diet:**

This is one of the most important healthy habits to follow each day. Each a healthy breakfast, followed a healthy lunch and dinner. Throughout the day you can snack on whole grains, nuts, seeds, fresh fruits and vegetables, and fat free dairy products. Drink plenty of water and avoid sodas and foods high in cholesterol, saturated fats, and sugar. Avoid over eating. Eat only when you are hunger not because you are bored or emotionally stressed.

- ✓ **Get adequate sleep:**

Many doctors recommend maintaining the same sleep schedule seven days a week in order to keep the body accustomed to a routine. When you do not get enough sleep you are slow and lacking focus, much like a zombie. Sleep in a dark room without distractions such as music and other loud noises. If you regularly have difficulty falling asleep or staying asleep, ask your physician about ways to relax before bedtime.

- ✓ **Exercise regularly:**

Regular exercise can help keep your body stay at a healthy weight. Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn. Exercising will help you lose weight and lower your risk of some diseases. Exercising regularly decreases a person's risk of developing certain diseases, such as obesity, type 2 diabetes, and high blood pressure. Exercise also aids in helping a person age well.

- ✓ **Manage your stress:**

When life gets hectic, many individuals fail to develop healthy coping skills to deal with day to day stress. When you become stressed, the brain undergoes both chemical and physical changes that affect its overall functioning. Simply talking about your stress with friends or family, going for a walk, reading a book, journaling, or practicing mindfulness can help reduce stress levels.

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for more handouts and information on depression, anxiety, grief, parenting, and more.

See videos and access links that offer more information on mental health.

Stay up to date with the groups offered at our agency and with the office hours!

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