

August 2023

# LEARN TO LIVE BULLETIN

Your guide in wellness & mental health

## August is National Wellness Month

Taking Care of Our Minds and Bodies

Wellness means caring for our emotional and physical health to stay healthy and happy. Eating healthy foods gives us the nutrients we need to grow, stay strong, and fight off sickness. Taking care of our minds is just as important. We can handle challenges better when managing and understanding our emotions. Overall, maintaining both mind and body wellness is the foundation for a happy, productive, and meaningful life.

Here are five ways you can help improve your well-being:

- » **Stay active:** Engage in exercise you enjoy. This could include riding a bike, dancing, or playing a sport. 60 minutes of exercise every day can keep your body strong and healthy.
- » **Eat healthy:** Make healthy food choices by including fruits and vegetables. Try to drink water instead of sweet drinks.
- » **Get enough sleep:** Have a regular sleep schedule. A good night's sleep allows our minds and bodies to rest, recover and rejuvenate so we're ready for the day ahead.
- » **Self-care:** Take time for yourself each day to do things that make you feel good. It could be spending time in nature, eating healthy foods, or engaging in a creative hobby.
- » **Spend time with people:** Having positive and supportive relationships can help your overall wellness. Spending time together can boost your mood and provide a sense of belonging.

Remember, wellness is about taking care of yourself physically, mentally, and emotionally. It is important to find what works best for you and make positive choices to support your well-being.

### We can help.

Learn to Live offers mental health programs to support your emotional wellbeing. You can start a self-paced digital program for Stress, Anxiety & Worry; Depression; Social Anxiety; Insomnia, Panic, or Substance Use or begin our Resilience program to find new ways to nurture your mental and physical wellbeing. These programs are offered at no cost to you and your family members, ages 13 and older.



Get started today at

[learntolive.com/partners](https://learntolive.com/partners) and enter access code **INTACT1**.

If you're already a member, simply sign in with your username and password.

