



# 4 SIMPLE STEPS TO WELLNESS



## HEALTHY DIET



NUTRITIOUS FOOD



DON'T SKIP BREAKFAST



AVOID EXCESSIVE AMOUNTS OF CAFFEINE



KEEP YOUR BODY ENERGIZED

## REGULAR EXERCISE



IMPROVES ALERTNESS AND CREATIVITY



IMPROVES YOUR PHYSICAL AND MENTAL WELL-BEING



KEEPS YOU ACTIVE AND SOCIAL



ELEVATES YOUR MOOD, REDUCES STRESS, INCREASE ENERGY, AND RAISES YOUR ENDORPHIN LEVELS

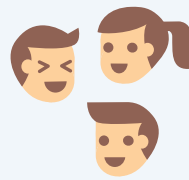
## RELAXATION



MUSIC OR READ A BOOK BEFORE BED TO HELP PROMOTE RESTFUL SLEEP



AVOID USING ALCOHOL TO RELAX ESPECIALLY BEFORE BED



LAUGHING DECREASES PAIN, PROMOTES MUSCLE RELAXATION AND CAN REDUCE ANXIETY



QUALITY RELAXATION HELPS YOU DISCONNECT FROM YOUR PROBLEMS AND OFFERS A PEACE OF MIND

## PLENTY OF REST



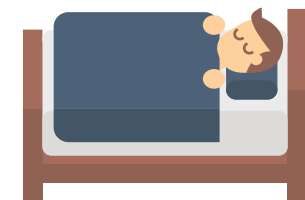
PROPER SLEEP WILL HELP YOU STAY ATTENTIVE AND ACTIVE



A LACK OF SLEEP WILL CAUSE YOU TO HAVE TO WORK HARDER TO GET DAILY TASKS DONE



A CONTINUED LACK OF SLEEP CAN LEAD TO MOOD CHANGES, ANXIETY, AND LOWERED RESISTANCE TO ILLNESS



ADEQUATE SLEEP ALLOWS YOU TO COPE WITH THE PSYCHOLOGICAL AND PHYSICAL STRESSORS OF DAILY LIFE

FOR ADDITIONAL HEALTH TIPS CONNECT WITH US ON



610 NW 11th St. | Hermiston, OR 97838 | 541.667.3400 Phone | [www.gshealth.org](http://www.gshealth.org)

