

Weekly Wellness Tip, March 24, 2014

10 Tips to Living Longer, Healthier & Happier

1 Give the Couch a Rest

Want an easy energy boost? Turn off the TV and get off the couch. Whether you socialize, exercise, make dinner or play with your children, you'll get more physical activity, mental stimulation and spiritual enrichment. Aim for at least **30mins of moderate physical activity** every day.

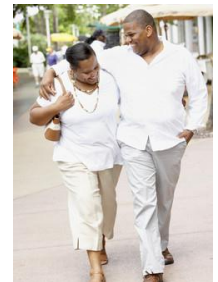


2 Get Your Rest

Set up a relaxing bedroom environment. Follow a soothing routine before settling down to sleep...manage stress and exercise more. If sleep problems persist, talk to a health care provider.

3 Balance Work and Personal Time

The stretch between your career and personal life can be a major source of stress, both good and bad. Take time to recharge your batteries...make time to play. Use your vacation time and breaks, and leave work behind when you do. At least once a week turn off your electronic devices and **spend time with people and activities for pure enjoyment.**



4 Watch Dietary Fat

Saturated and Trans fats in the diet are major contributors to heart disease. Saturated fat is found in meat, full-fat dairy products and baked goods. **Eat high-fat foods sparingly.** Avoid harmful Trans fats found in margarines and processed foods.

LOW-FAT ALTERNATIVES

When you want meat, butter, cheese, and baked goods, try meatless burgers, fat-free milk, reduced fat cheese, skinless poultry, fish, fruits, vegetables, and legumes such as dried beans and peas. Include foods rich in the good omega-3 fatty acids, such as avocado, nuts, and salmon.

5 Be Sun Smart

Wear sunscreen with an SPF of 30 or higher every time you go out. When in the sun for an extended period, cover up with long sleeves and a wide brimmed hat.



6 Drink More Water

Water makes up 60 percent of your body weight. **Staying well hydrated** reduces the likelihood of fatigue, headache and dry mouth. Drink even more fluids when you're in warm weather and when you exercise.

7 Drive Safely

Take precautions to keep yourself and others safe on the road. Don't drive drowsy or after drinking alcohol or taking medication that might make you sleepy. Avoid talking on your cell phone and don't text and drive. Follow the rules of the road, and slow down in bad weather.

8 Learn First Aid

Do you know how to respond in an emergency? You might save a life by learning techniques such as basic first aid, CPR, how to help someone who is choking, and



how to use the automated external defibrillators (AED) located in many public places. Visit www.redcross.org to find courses in your area, and **keep a well stock first aid kit in your home and vehicle** – sterile gauze, adhesive tape, bandages, tweezers, scissors, antiseptic cream, disposable cold packs, and disposable gloves.

9 Give Back to Your Community

Studies show that people who help others live longer and healthier lives. So check on your elderly neighbor. Read books to children at your local library. **Volunteer** at a hospital. Get involved in your church community. When you give to others, you get a lot back.

10 Believe in Yourself

You set priorities for work and home projects. Why not set health goals? What's more important than your well-being? Be honest about the health habits you need to change, and believe you can do it. Get the support you need for tough challenges. And be sure to **celebrate your success** towards a healthy lifestyle.



Managing Stress

When practiced, many principles on this list can help ease stress. And successfully managing stress can help you be at your best. Poorly managed stress, however, can lead to emotional and physical problems. It's all in how you handle it. Ideas:

- ❖ Count to 10. Give your body time to diffuse before you react.
- ❖ Rehearse for stressful events
- ❖ Talk it out
- ❖ Laugh more often.

Someone to Talk To



The Employee Assistance Program (EAP) is a great resource for all University employees. They offer free and confidential counseling and life advice 24 hours a day 7 days a week. Whether you need help finding affordable day care, or you need someone to help you cope with stress, the EAP can help. **713-500-3327 or 1-800-346-3549.**

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