

How to Improve Your Occupational Health



OCCUPATIONAL

Strive for a work/life balance that promotes healthy satisfaction and is financially rewarding.

Tips to Help

- Disconnect from your work when you're at home.
- Find activities that you enjoy like a new hobby, spending time with friends and family, or getting outside and being active.
- Set boundaries at home that help you. Instead of turning on the tv or getting on your phone, try a 15 minute walk and setting some personal goals.
- Make sure you are eating well and getting enough sleep. Being tired at work can make your job more difficult.
- If your job isn't meeting your needs, talk to someone about continuing your education or finding a path that works for you.



How to Improve Your Financial Health



FINANCIAL

Take control of your money by making a plan and keeping track of your spending.

Tips to Help

- Learn about your credit score. Try using a free credit check website to help improve your credit. This will come in handy if you want to finance anything in the future, like a car or house.
- If possible, try to put your bills and savings on automatic.
- Using a budgeting tool to help you keep track of your spending. If you have money left over after paying bills, save don't spend.
- If you spend more than you make, then change your spending habits. Try to cut out things that you don't need.
- Don't use a credit card like it is cash. Credit will need to be paid back with fees, so only use one if you have a financial emergency.



How to Improve Your Sexual Health



SEXUAL

You have the right to decide what you do with your body. This includes family planning, contraceptives, and education.

Tips to Help

- Make sure you meet with your doctor or medical provider for regular checkups if you are sexually active.
- Communicate with your partner(s). Talk about consent, comfort, and boundaries. Try to keep conversations under 20 minutes so you don't overwhelm each other.
- Both people must freely and enthusiastically agree to sex, every time, for it to be consensual. You can always change your mind.
- Always use protection. Condoms are one form of birth control that help prevent unplanned pregnancies and sexually transmitted infections (STIs). If you have any questions, always speak with your doctor first.



How to Improve Your Mental Health



MENTAL

Never underestimate the power of positive thinking.
Your outlook can influence how you feel.

Tips to Help

- Did you know? Taking care of your physical health can help your mental health. Try to be active for at least 30 minutes a day, eat a balanced diet, get enough sleep, and practice activities that bring you joy.
- Build up your social circle. Spend time with friends and family to help grow your close relationships.
- Take time to reflect on the good parts of your life. Journal, meditate, or take walks while thinking about your meaning and purpose. You are important!
- Try to learn new skills and adapt to change. Life is unpredictable, and it's important to cope in healthy ways. You can't always control what happens around you, but you CAN control how you react.
- If you ever feel like life is becoming too much and you need to talk to someone, reach out to your doctor or therapist, or call 988 for suicide and crisis help.



How to Improve Your Physical Health

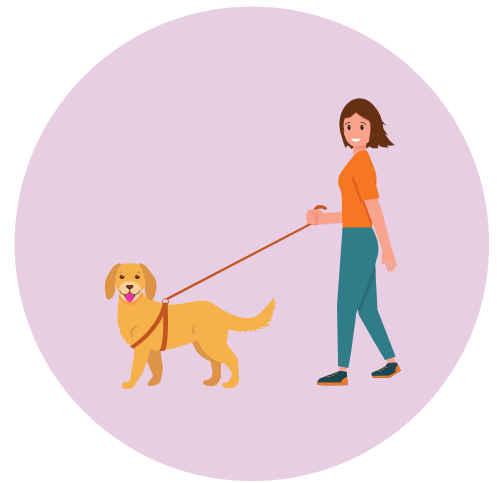


PHYSICAL

Walking 4 times per week for 15 minutes can increase your lifespan, ease depression and much more.

Tips to Help

- If your everyday activities have you sitting a lot, get in extra movement when you can. Try standing instead of sitting at work, walking with coworkers or friends, and spending extra time with your pet on walks!
- Make sure you meet with your doctors regularly. Primary care physicians, dentists, and eye doctors will keep you in top health!
- If you want to make a big change in your lifestyle, but get overwhelmed easily, then make a goal and start small. Achieving smaller goals first will help you try for the bigger goals.
- Build healthy habits. It's not easy, but eating better, getting proper sleep and enough exercise, reducing stress, and quitting tobacco and nicotine can help you create a healthier life.



How to Improve Your Spiritual Health



SPIRITUAL

Spirituality is a state of mind. It's a way to find meaning, hope, comfort, and inner peace in your life.

Tips to Help

- Spiritual beliefs and feelings of deep connection with life are personal, but can also be shared in groups. Engage with a community of people who shares the same spiritual beliefs.
- Take time to reflect on your own thoughts about spirituality. Try prayer, meditation, or journaling.
- Find a creative way to express yourself. Art can help you share your thoughts and feelings about things that are difficult to understand through words.
- Volunteer when and where you can. Helping others can allow you to form important human connections and understand more about the world around you.
- Read books that help you explore your questions about life.



How to Improve Your Nutritional Health



NUTRITIONAL

Drinking water, eating fruits and vegetables with balanced meals can help you stay healthy.

Tips to Help

- Check with your doctor or a Registered Dietician before you start or change a diet.
- Drink plenty of water each day. Women should aim to drink about 11.5 cups of water a day, or just under 92 oz. Try to limit sweetened drinks like juice, soda, and sweetened tea.
- Eat plenty of fruits and vegetables with your meals. They also make great snacks! About 5 cups a day is best.
- Pay attention to your portion sizes. How much food do you need to feel full? If there is still food left on your plate after you feel full, take note and try a smaller portion next time.



How to Improve Your Self-Care



SELF-CARE

Get enough sleep. Find your stress reliever.
Take breaks and be your own best friend.

Tips to Help

- Self-care is basically "me-time". How often do you care for yourself in a meaningful way? Try to make time at least once a week to do something for yourself. Take a class, try a new skill, exercise, or spend time doing something you love.
- Make sleep a priority. Limit screen time before bed, keep your bedroom at a comfortable temperature, and make sure your room is dark. Aim for 6-8 hours a night.
- You can say "no" to things that don't align with your goals. You do not have to take on extra tasks that will cause you to burn out.
- Take time to reflect on who you are and what you want for your future. Get organized and set goals for things you want to achieve.

