

# 5 Ways to Invest IN YOURSELF

By taking a more active role in your health, you can help reduce your risk of chronic illness and its financial burdens. Making healthy lifestyle choices now means investing in a healthier, happier, and longer life for the future. The following are five essential ways to invest in yourself for better short-term and long-term health:

## NUTRITION

Your diet has a tremendous impact on your health. Eating a nutritious, balanced diet can reduce your risk for chronic diseases, help you sustain a healthy weight, and give you the energy you need to feel good all day long.

Some easy ways to invest in your diet include:

- Eat more fruits and veggies
- Focus on real foods
- Cook your own meals
- Eat mindfully



## EXERCISE



Regular exercise is one of the best things you can do for your body and mind. In combination with eating a nutritious diet, physical activity helps reduce your risk of chronic disease and promotes a healthy weight. The American Heart Association (AHA) suggests that adults should aim for at least 150 minutes of moderate physical activity each week.

The following tips can help you live a more active lifestyle:

- Make exercise convenient
- Make exercise fun
- Move more at work

**80%** of American adults don't get the recommended amount of exercise each week, according to the CDC.

## SELF-CARE

Taking proper care of yourself is essential for your short-term and long-term health. Self-care is engaging in any activity or behavior that brings about a positive effect on your mental, emotional, or physical health. Taking the time to practice self-care is anything but selfish! After all, you need to be your best self before you can truly help others.

Some simple ways to practice self-care include:

- Visit a wellness retreat (or DIY at home!)
- Do a digital detox
- Pick up a new hobby



## STRESS MANAGEMENT

It's important to learn how to deal with stress. Without proper coping or management strategies, little, everyday stressors can lead to eventual burnout. Stress and burnout can cause some serious physical and mental health consequences.

Some simple ways to keep stress under control include:

- Utilize PTO
- Practice positivity
- Learn to say "no"
- Engage in stress-relieving activities



## MENTAL WELLBEING

Health isn't just about fitness or disease prevention – it's about living your best life. While investing in your physical health is crucial to prevent chronic illness, investing in your mental wellbeing is just as important.

Here are a few simple ways to invest in your mental wellbeing:

- Download mental health and self-care apps
- Keep a mood journal
- Take advantage of mental health days



**43.8 MILLION**

American adults experience a mental illness in a given year, according to NAMI.

