

TODAY'S FUTURE

5 Simple Ways to Improve Your Physical and Mental Wellness

1. Exercise

The key is to find the right type of exercise for you – whether that means joining a casual sports team, going for walks with a friend or a pet, or doing yoga from the comfort of your own home.

2. Sleep

We once thought that poor sleeping habits were caused by mental health disorders, but more recent research suggests poor sleep can be the cause of mental health problems or make them worse.

3. Nutrition

Cut down on sugary foods and replace them with nutrient-rich foods like fish, veggies, and foods that have healthy fats such as avocados.

4. Community and Relationships

Whether the support comes from family, a partner, friends, coworkers, or even pets, feeling connected to those around you can increase a sense of purpose and love in your life. Identify ways to create community.

5. Relaxation and Recreation

In our busy lives it can be easy to forget about the hobbies you used to love, or to make time to sit down and enjoy a book. Building in time to do the things you enjoy will give you a happier frame of mind and give you more energy to deal with difficult emotions when they arise.

Kick Those Germs to the Curb!

Germs. They are everywhere. We carry millions of them on our hands. Some are harmful, many are not. Starting in the fall, many illnesses increase, like colds, the flu, diarrhea, and some that are food related. Many of these outbreaks are caused by poor hygiene, usually unwashed or poorly washed hands. Proper hand washing is the single most effective way to decrease these illnesses.

Did you know?

- 50% of Americans do not wash their hands after using the restroom? Another 25% only use cold water and soap, which does not remove germs well. Only 25% of the population washes their hands appropriately to remove these illness causing germs.
- 50% of many illnesses could be eliminated by proper hand washing.
- 30% of people who cough or sneeze into their hands wash them afterwards
- Kids who wash their hands at least four times per day experience up to 51% less sick days.
- Over-use of anti-bacterial gels can lead to antibiotic resistance.
- There are more germs in your kitchen sink, on your steering wheel, and your cell phone than in your toilet.

When should you wash your hands?

- Before preparing or eating meal
- After going to the restroom
- After playing with a pet
- When you are around an ill person
- Anytime you touch your hair, face, mouth or other body parts
- After you blow your nose or take out the garbage
- After changing a diaper
- After shopping
- Any time your hands may come into contact with something unclean



Stay healthy this winter-get your flu shot and WASH YOUR HANDS, WASH YOUR HANDS, WASH YOUR HANDS!

Source: Posted by [Cindy Brison MS RD LMNT](#)