



# New Year's Resolution #1: Take Care of You

**Despite the struggles of this past year, it is possible to kick off the New Year with a positive outlook.**

Make staying healthy and refreshed your first resolution – you'll be better equipped to manage uncertainty and any other challenges you may come across in the coming months. Here are some tips to help.

**Focus on your health.** It was hard to keep up with routine care this past year, but seeing your PCP regularly is a key part of maintaining good health. Make an appointment to ensure you're up-to-date on any important tests and vaccines.

**Drink more water and get enough sleep.** Staying hydrated does wonders for your health. It increases energy, clears skin and even improves sleep. When you get enough sleep, you'll be more focused and productive during the day.

**Schedule (and take!) mini "breaks" just for you.** Even a few minutes can give you a boost. Video chat with a friend, take a bath or meditate—anything that helps you relax.

**Build a support team and set limits on your time and energy.** It's important to have a network of family and friends you can turn to in stressful times. If you need support, ask for it.

**Express gratitude.** Write down three things you are thankful for each morning. Showing gratitude will help you stay more present throughout the day... and keep the positives you already have in your life front and center.

**Get moving.** Even light exercise is great for your physical and mental health and will help boost your energy and moods. Walk the dog, dance to your favorite music, stand up and stretch—any activity that gets you out and about.

## We're Here for You

Remember, Health Advocate is available throughout the year to help you and your family with a wide range of healthcare issues – confidentially and at no cost to you. We can:

- Find doctors and make appointments
- Clarify medical conditions and treatment options
- Arrange second opinions
- Answer medication questions
- Resolve medical claims and billing issues and MUCH more



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