

Tips to Help Balance Your Lifestyle

1. **Slow down:** Take a break, breathe and clear your mind.
2. **Take care of yourself first:** Treat yourself right! Schedule time during the day just for you!
3. **Reduce your stress:** Identify what stresses you and how your body and emotions react to stress. Then you can change the way you react to stress.
4. **Get enough sleep:** Go to bed at the same time every night and get up at the same time every morning. Take a warm bath before you go to bed.
5. **Make good food choices:** Eat appropriate amounts of food on a regular schedule. Use your Daily Food and Beverage Tracker to help you.
6. **Exercise Regularly:** Getting at least 30 minutes of physical activity everyday improves your overall health and reduces the chance of disease. You can break up the 30 minutes into blocks of 5 or 10 minutes and get the same results.
7. **Set manageable goals each day:** Make one change at a time. Make a to-do list and take care of important tasks first. Know what you want and make good decisions.
8. **Communicate:** If you need help or are having trouble, be calm, rational, and say how you feel with words.
9. **Get Support:** Talk with friends or family if you need help. You are not alone.
10. **Be positive and have fun!**