

WEALTHY FROM WITHIN

BOOSTING YOUR SELF-WEALTH

DRAINING HABITS VS SELF-WEALTH BOOSTS

Every day, we make choices that affect our overall health and well-being. What we eat and drink, who we spend time with, how we spend our time, when we go to bed – all of these decisions can help increase or decrease our self-wealth. If you are living a life that is draining your overall health, you run the risk of increased issues such as burnout, sleep disorders, diabetes, high blood pressure, and heart disease. Being more mindful of the choices you make each day can help us live a more balanced life. Making small changes and adding activities that promote self-care can help us live healthier and happier.

HEALTHY HABITS

- Getting enough sleep
- Regular physical activity
- Eating a diet of whole foods
- Meditating
- Enjoying a hobby
- Practicing gratitude
- Spending time with friends
- Playing with your children
- Making time to relax
- Spending time outdoors



DRAINING HABITS

- Spending more than 2 hours watching TV or on social media
- Procrastinating
- Consuming processed foods
- Taking stimulants
- Complaining
- Not taking breaks at work
- Always saying “yes”
- Having too much clutter
- Overspending



Cut back on screen time to make more room for me-time!

Time spent on self-care is a valuable investment in your overall health and happiness.

Creating more balance in your life comes from making self-care a priority.

THE AVERAGE CANADIAN ADULT WATCHES 30.4 HOURS OF TELEVISION EACH WEEK!



HEALTHY HABITS THAT GIVE YOU A BOOST

Get Organized. Getting more organized can be a great start to a healthier you. Use a planner, meal plan, and de-clutter your space to create a more organized life. Getting rid of things that you no longer need can be refreshing and calming. It can also eliminate wasted time spent looking for items and the stress that goes with it.



Choose Healthy Foods. Sugar, alcohol, caffeine, and processed foods can have a negative impact on our immune system, energy levels, and emotional well-being. Busy schedules often mean we opt for convenient fast food, but usually lacking in the nutrition needed to fuel the body and mind. Commit to making healthy meals at home each week. Meal delivery kits can help you get started, and crockpot meals can be easy and nutritious.

Meditate. Meditation is a beneficial way to reduce stress and anxiety, improve self-esteem, and increase focus and concentration. If the idea of meditating is intimidating, try breathing exercises, journaling, or simply practicing gratitude. Practice focusing on your breath or positive thoughts to calm the mind during stressful moments.



Move Your Body. Our bodies need and crave movement, and being active offers our body and mind so many amazing benefits. It helps to improve sleep, naturally reduces stress, increases energy, and promotes positive feelings. Choose activities that you enjoy: walk, run, bike, workout, stretch, or dance. Just make movement a regular part of your day.

Practice Good Sleep Hygiene. Make your bedroom a relaxing space to promote good sleep. Turn off electronics 45 minutes before bedtime. The blue light emitted by these screens restrains the production of melatonin, the hormone that controls your sleep-wake cycle. This makes it more difficult to fall asleep and wake up the next day. Instead, end the day by reading, stretching, or journaling to relax your mind.



Get Outside. Take a walk in the park or enjoy your morning coffee on the deck. Spending time outdoors can reduce stress, lower blood pressure, and help us be more mindful. It can also improve our sleep, especially if you engage in a physical activity like walking, gardening, biking, or hiking.

Be Kind to Yourself. Practice self-compassion and acceptance through healthy internal dialogue. Negative thoughts and attitudes impact our sense of self-worth and confidence. Avoid criticizing the choices you made, the actions you did or didn't do, how you look. Be your own cheerleader, and encourage yourself as you would a friend or loved one.



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