

BUILDING HEALTHY HABITS

By building healthy habits you can boost your mental, physical and social well-being each and every day!



Healthy Eating

Support your health with foods rich in:

- **Vitamin D** like salmon, mushrooms and oranges
- **B Vitamins** like spinach, almonds and chicken
- **Omega-3 Fatty Acids** like fatty fish, walnuts and chia seeds

Building a Support System

- A strong support system can help you in times of hardship and increase your well-being
- Check in with friends, family or your doctor to **build coping skills** and **manage daily stressors**



Exercise & Sleep

- **Consistent exercise** can boost self-esteem and reduce stress levels
- **Quality sleep** helps regulate mood and boosts metabolism

