

Social and Emotional Well-Being

Tips for Connecting to Others

- Call a friend or loved one to meet up
- Get out from behind your TV or computer screen
- Be a joiner (networking, special interest groups, etc)
- Don't be afraid to smile and say hello to strangers

Tips for Starting an Exercise Routine

- Start now! Aim for 30 minutes a day
- Try rhythmic exercises such as walking, swimming, or dancing
- Add a mindfulness element—focus on the rhythm of your breathing or a breeze on your skin

Tips to Keep Stress Levels in Check

- Talk to a friendly face
- Appeal to your senses
- Make leisure time a priority
- Make time for contemplation and appreciation
- Take up a relaxation practice



If you've made consistent efforts to improve your mental and emotional health and still aren't functioning optimally at home, work, or in your relationships, it may be time to seek professional help. Talk to your family advocate if you want help finding professional help.

Foods that Boost Mood

- Fatty Fish: salmon, herring, tuna
- Nuts: walnuts, almonds, cashews
- Avocados
- Flaxseed
- Beans
- Leafy Greens: spinach, kale, Brussel sprouts
- Fresh Fruit

Tips for Getting Better Sleep

- Wind down/calm your mind by taking a warm bath, reading, or listening to music
- Stick to a regular sleep schedule even on weekends
- Make sure your room is dark, cool, and quiet

Finding Purpose

- Engaging work that provides meaning to yourself and others
- Relationships: spending quality time
- Caring for a pet
- Volunteering
- Caregiving

Breathing Exercises for Kids



- ◆ Go to the floor on all fours
- ◆ Take a deep breath through your nose
- ◆ Open your mouth as big as you can
- ◆ Stick your tongue out/Open eyes wide
- ◆ And, ROAR!

- ◆ Breathe in
- ◆ Breathe out with your mouth closed, while you HUM like a bee
- ◆ Repeat this breathing sequence for a few minutes



- ◆ Kneel on all fours
- ◆ Breathe in as you lift your chin and tilt your head back
- ◆ Breathe out while you slowly raise your back towards the ceiling and you lower your head

- ◆ Place your arms straight in front of you, hands opened, palms facing each other
- ◆ Breathe in as you open your arms to form a 180 degree angle
- ◆ Breathe out as they return to their initial position



- ◆ Lie on your tummy
- ◆ Fold your arms in front of you and rest your head on them
- ◆ Breathe in and out and relax