

A Healthy Mind. A Healthy Body. Make time for both.

47% increased risk for heart disease;
70% for cancer*

Health risks increase when you always keep your feelings to yourself.

7 to 9 hours of sleep each night

Getting the recommended amount of sleep provides you with physical and mental energy to help you seize the day.

10 minutes of deep breathing

Work toward practicing at least 10 minutes of deep breathing or meditation most days to help you de-stress.

25 to 30% lower risk of depression

Diets high in vegetables, fruit, fish and seafood, and lean meats can elevate your mood.

150

total minutes of moderate or high-intensity exercise every week

Regular physical activity can increase self-esteem and lower symptoms of anxiety.

Less than one-third of Americans seek treatment for mental health conditions. For many people, a healthy lifestyle can help prevent the onset or worsening of mental health conditions. However, others may need additional help to see changes. Partner with your doctor or healthcare provider and find out what's right for you.

Make time to connect your body and your mind with Vitality:

- Take the **Mental Well-being Reviews**.
- Set a goal to **think positively** or **sleep better**.
- Explore mental and behavioral health topics in **Health Resources**.