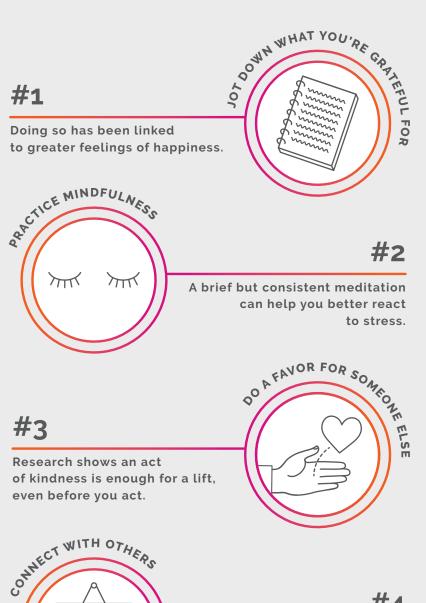


#### #1



# 5

## WAYS TO REBOOT YOUR EVERYDAY MENTAL WELL-BEING

#### Give Your Health a Reboot

Eat healthier, stay active, cut stress, get a good night's sleep. In these uncertain times, staying as healthy as possible is essential for all of us. While sticking to a healthy routine with new daily challenges is tough, perhaps a new habit or behavior you start now will become permanent. Success means setting doable goals and breaking them down into reasonable steps. We know we should get five servings of fruits and vegetables daily, what other "5 a day" activities could we do?

### #⊿

Keep friends and family close, but casual chats with a neighbor can also help you stay sharp and feel less isolated.

#### #5

Improving your mental well-being can be accomplished by learning something completely new, like trying a new recipe, playing a board game, or regularly reading





