

23 WELLNESS TIPS FOR 2023

Family & Home

Skip the gym. Exercise with your family instead.

Spend time in nature.

Practice daily meditation.

Start journaling.

Connect with your spouse, children or family members.

Self-Care

Plan and book a vacation.

Schedule a massage.

Try acupuncture.

Unplug from social media.

Take care of your body by eating nourishing foods.

Physical Activity

Start a workout routine.

Get involved in Jiu-Jitsu.

Try yoga.

Communication

Talk about your day, your stresses and your feelings.

Listen to a friend.

Check-in on your strong friends.

Ditch the texts and make a phone call.

Create and maintain healthy boundaries.

Hobbies & Interests

Pick one day each month to reconnect with your family or friends. And make sure you don't miss it.

Pursue a hobby outside of LE, such as hunting, fishing, knitting, painting or dancing.

Read a book.

Dance like nobody is watching.

Learn a new language.

