

Total Wellness

**MIND, BODY,
AND BEYOND**



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Wellness isn't just about avoiding illness. It's also about creating a life where your mind feels clear, your body feels energized, and your daily routines support the person you want to be. True wellness goes beyond a single workout or a healthy meal. It's the ongoing connection between how you move, think, rest, and recharge.

Let's explore how small, intentional habits can make a big difference.



THE MOVEMENT-MOOD CONNECTION

Ever notice how a short walk can clear your head or how stretching helps release tension after a long day? That's not a coincidence.

Physical movement directly influences your brain chemistry. When you move your body, you stimulate the release of endorphins and other feel-good neurotransmitters that help reduce stress, boost mood, and improve focus.

HERE'S HOW MOVEMENT SUPPORTS EMOTIONAL WELL-BEING:

- **Reduces stress hormones**
Gentle activity, like yoga, can lower cortisol levels.
- **Improves energy**
Regular movement enhances circulation and oxygen flow, helping you feel more alert.
- **Supports better sleep**
Physical activity can help regulate sleep cycles, which in turn stabilizes mood.
- **Builds resilience**
Movement provides a healthy outlet for emotional tension and frustration.
- **Boosts confidence**
Keeping even small promises to yourself reinforces a sense of capability.

The key is consistency, not intensity. When done regularly, even 10 minutes of movement can deliver meaningful health benefits.

BUILDING A REALISTIC WELLNESS ROUTINE

Wellness routines often fail because they're built around "perfect days" that rarely exist. The most effective routines are flexible, simple, and designed for real life.

1 START SMALL AND SPECIFIC

Small habits are easier to maintain, and consistency matters more than duration. Instead of saying "I'll exercise more," try:

- "I'll take a 10-minute walk after lunch on at least three weekdays."
- "I'll stretch for five minutes before bed four nights of the week."



2 ANCHOR HABITS TO WHAT YOU ALREADY DO

Pair new wellness habits with existing routines:

- Journal while your coffee brews.
- Take deep breaths while opening or restarting your computer.



3 PLAN FOR LOW-ENERGY DAYS

Wellness shouldn't disappear when you're tired or stressed. Something is always better than nothing, so create a "minimum version" of your routine:

- Pull weeds from your garden or go for a short jog when you can't get in a full workout.
- Opt for a simpler healthy meal instead of following a complicated recipe.



4 INCLUDE MORE THAN FITNESS

When your wellness routine supports multiple areas of your life, it becomes easier to stick with and feels more rewarding. Total wellness includes:

- **Mental health:** Journaling, quiet time, reading.
- **Emotional upkeep:** Connecting with supportive people.
- **Physical care:** Sleep, hydration, nutrition.
- **Personal fulfillment:** Hobbies, creativity, time outdoors.



BEYOND THE CHECKLIST

Wellness isn't about perfection or productivity. It's about creating rhythms that help you feel steady, capable, and cared for, especially during busy or stressful seasons. Some days, your wellness might look like a workout and a healthy dinner. Other days, it might simply mean going to bed early and giving yourself grace. Both count.

Remember, your mind and body are always connected. When you support one, you strengthen the other and, over time, those small steps build a foundation for wellness that goes far beyond any single routine.

Support is available 24/7 through your Employee Assistance Program, so call us any time for additional resources and let us help you create a total wellness plan that fits your life.



The Connection Between Exercise and Mental Health

Wednesday, May 13, 2026 2-3 p.m. E.T.

[REGISTER](#)

Physical activity not only improves strength and endurance, it also plays a powerful role in supporting mental and emotional well-being. Attend this webinar to understand how regular movement affects your immune system, reduces the risk of disease, and lowers stress levels, which can ease symptoms of anxiety and depression and boost overall mood. We'll also offer tips on fitting more exercise into your daily life, no matter your fitness level.



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