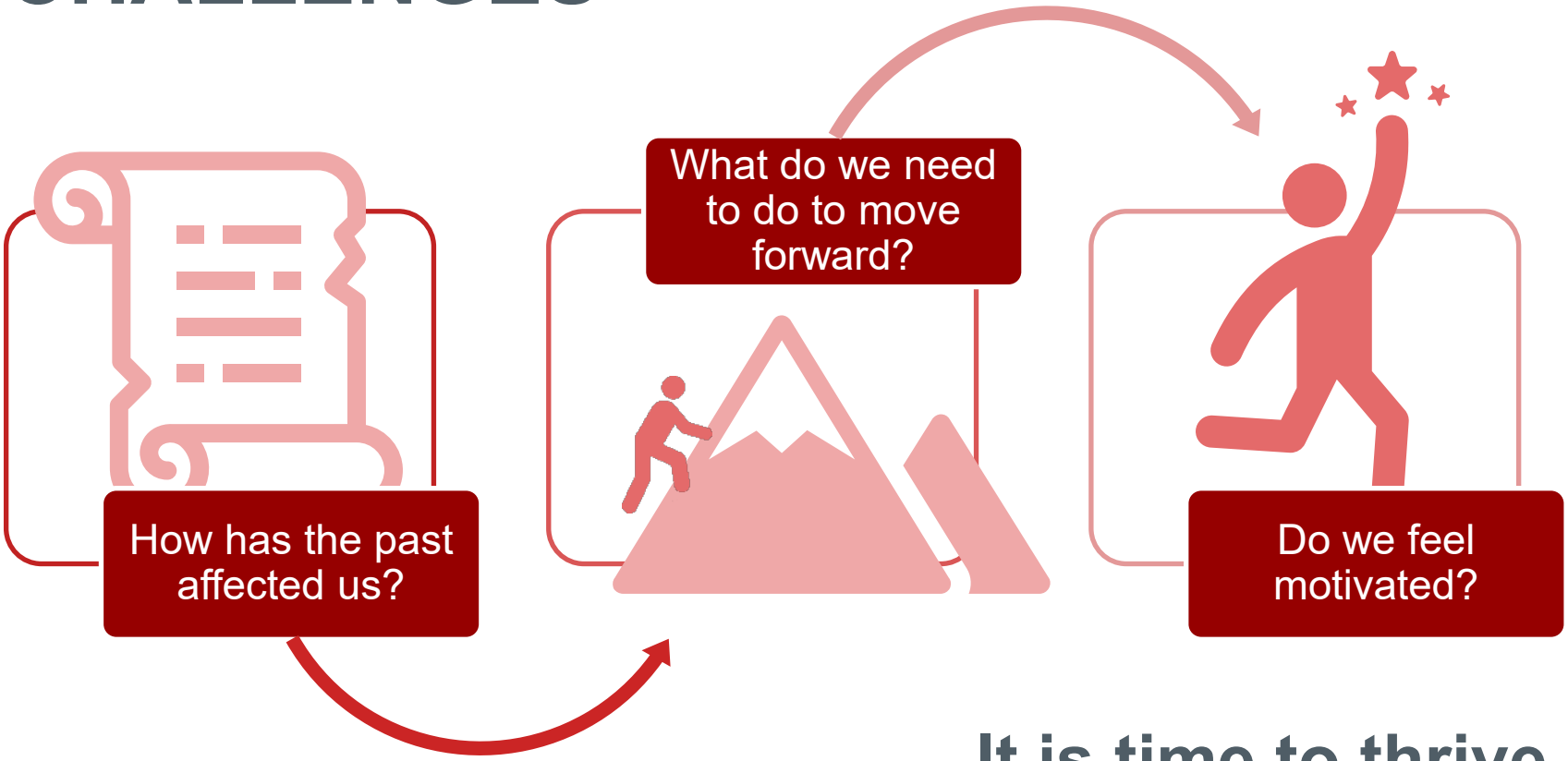
TOOLS FOR TODAY

PRESENTED BY YOUR EMPLOYEE ASSISTANCE AND WORKLIFE PROGRAMS

October 14, 2026

PSC | Federal Occupational Health

WE'VE ALL EXPERIENCED CHALLENGES



It is time to thrive.
We deserve it!

OBJECTIVES

Daily life tools that build resilience and enhance overall well-being



Mindfulness



Curiosity and growth



Healthy food



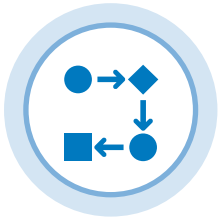
Sleep



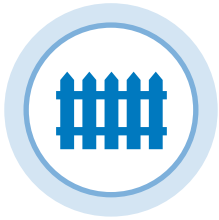
Physical activity



Socialization



Routine



Boundaries



Inspiration

MINDFULNESS

- Stop and pay attention
- Take your time
- Focus on what is going well
- Start meals with a minute or two of silence
- Notice when your mind wanders, and gently guide it back
- Expect and enjoy lines and waiting
- Learn to enjoy every second

CULTIVATE CURIOSITY AND GROWTH

- Make a list of topics that interest you
- Set a reading goal or schedule time each week to work on a hobby
- Sign up for a class that challenges you mentally or physically
- Join a book or movie club
- Embrace new cultures
- Share what you learn and discover with others

HEALTHY FOOD

Make it a family focus

Embrace mindful, healthy eating

Have fun with food shopping, meal prepping, and cooking

Learn about the nutrients in your food

Try one new food every month



THE NEW PYRAMID

Inverted design helps Americans eat real, whole foods more consistently.

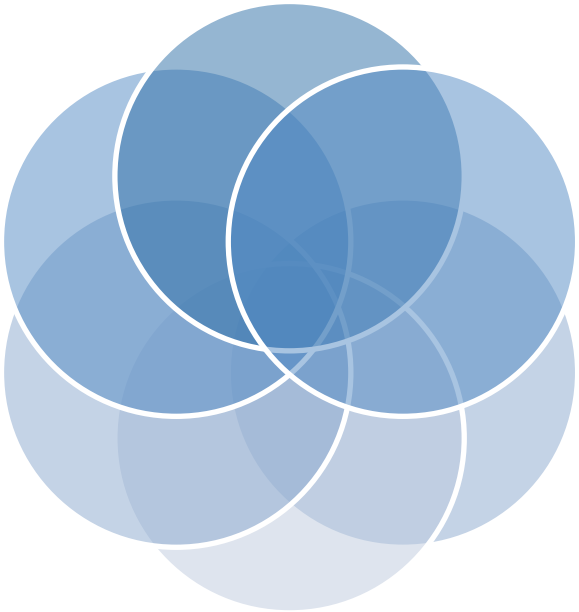
- Prioritizes nutrient-dense foods
- Reduces reliance on highly processed products and refined grains
- Emphasizes protein and vegetables
- Elevates focus on dairy, healthy fats, and fruits
- Encourages whole grains



SLEEP

Aim for **seven to eight hours** a night

Keep a **sleep journal**



Learn your sleeping **heart rate**

Share your **sleep goals**

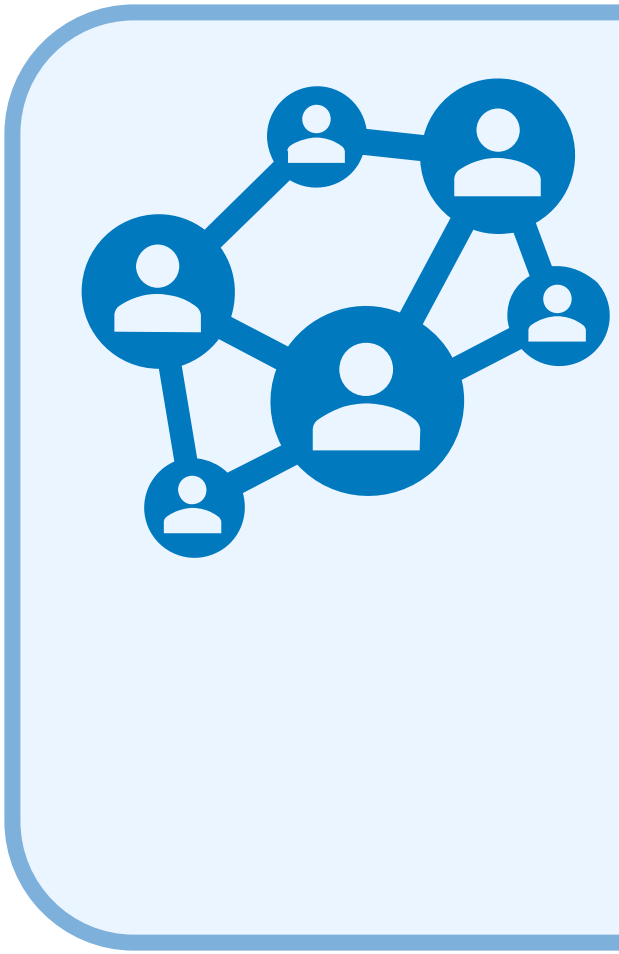
Focus on decreasing your **sleep disruption**

Include **aromatherapy**

PHYSICAL ACTIVITY

- Make five minutes count
- Prioritize weight training
- Incorporate low-impact, recovery, high-intensity, and endurance
- Focus on improving one minute at a time
- Lean on a workout partner for accountability
- Block exercise time on your calendar
- Join an exercise class or group

SOCIALIZATION

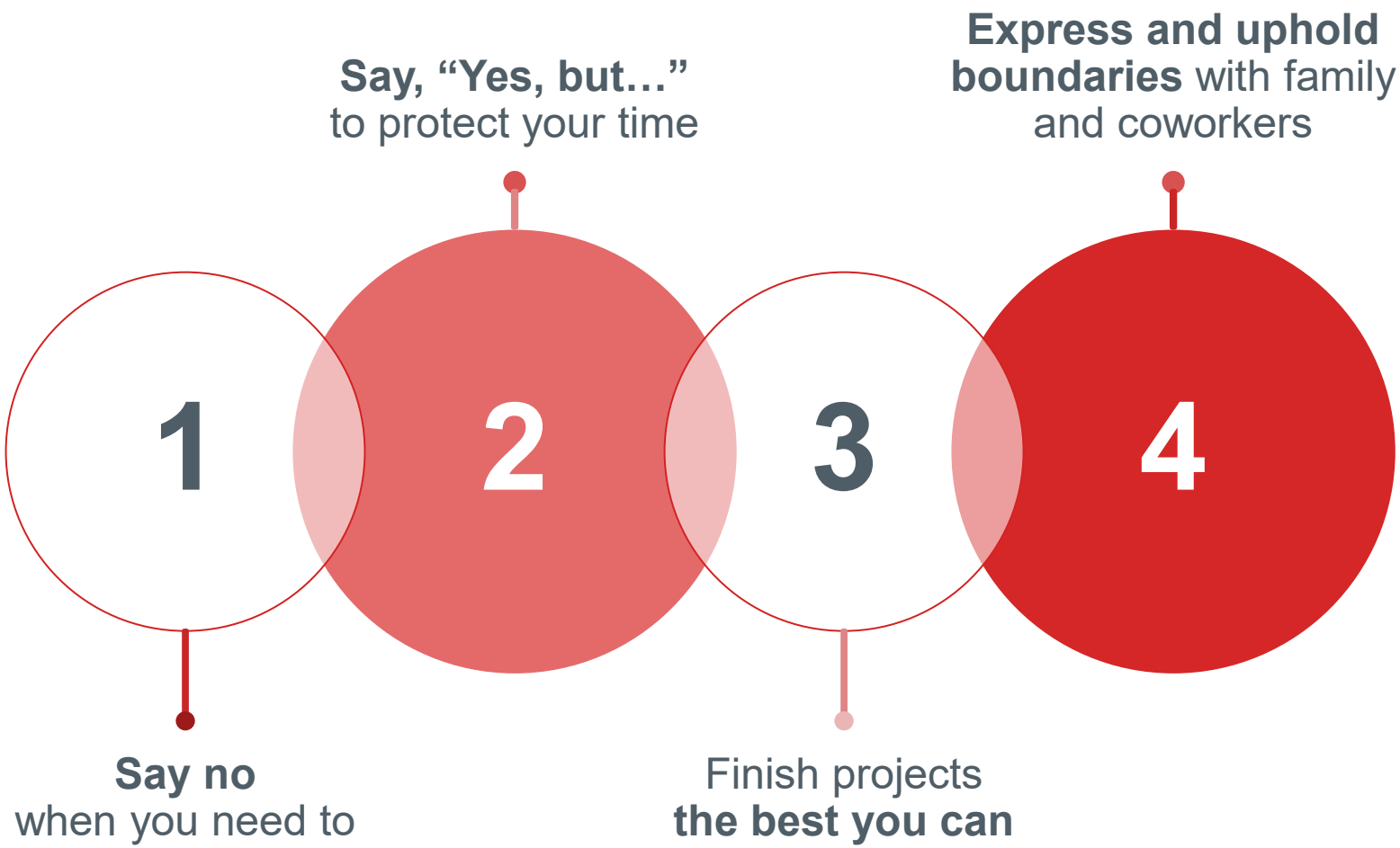


- Spend one hour a month reconnecting with friends, family, and colleagues
- Introduce yourself to new people at a venue you frequent
- Have or go to a party
- Start a group or club
- Make small talk with others when they are providing you a service
- Listen actively to others

ROUTINES


Skip the snooze button and wake up on time
Make your bed
Set goals for your day, week, month, year, and life
Drink more water
Reach out to older relatives
Exercise
Plan your meals
Adhere to a bedtime

BOUNDARIES


Say, “Yes, but…”
to protect your time
Express and uphold
boundaries with family
and coworkers
1
2
3
4
Say no
when you need to
Finish projects
the best you can

INSPIRATION



- Watch movies that excite you
- Read books on new or interesting topics or written by people you admire
- Revisit your childhood
- Surround yourself with people who support your happiness
- Accomplish something that seems hard for you
  - Run a 5K
  - Sleep an extra hour a day
  - Journal daily
  - Reach your goal weight

SUMMARY



- Life often tests us, but we can get through challenges with the right tools
- Sharpen focus and calm the mind
- Fuel the body with movement and intentional food choices
- Restore energy through quality sleep and steady routines
- Strengthen connection through socialization and boundaries
- Implement one tool at a time
- It’s time to thrive, and we deserve it!

RESOURCES

Books

- Atomic Habits
  - James Clear
- The Miracle of Mindfulness
  - Thich Nhat Hanh
- The Sleep Solution
  - W. Chris Winter, MD

Online Articles

- How Do I Bring More Mindfulness Into My Life?
- Setting Healthy Boundaries in Relationships
- Surviving Tough Times by Building Resilience

Videos

- Sleep Is Your Superpower
- Try Something New for 30 Days

Apps

- Driven
- Happify
- My Possible Self
- Wysa

THANK YOU

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