

# Your guide to thriving

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MEMBER NEWSLETTER



## Mindful technology use

Being intentional about using your devices helps them support you instead of stress you out. Try these tips to bring more balance to your tech use.

- ✓ **Notice your patterns.** Pay attention to how you use technology during the day. Don't judge—just notice when and why you reach for devices.
- ✓ **Create small boundaries.** Choose set times to check email or text messages.
- ✓ **Be present where you are.** Give your attention to only one thing at a time.
- ✓ **Make time to unplug.** Take a walking break instead of scrolling on your phone. Consider trying a screen-free start or end to your day.



## Easy ways to add movement to your day

Doing small bursts of activity throughout your day can boost energy, improve mood, and support overall health. Try stretching, stand or pace during calls, do chores, or take an after-dinner walk.



## The power of positive self-talk

The way we talk to ourselves matters—it can either lift us up or weigh us down. Improve your self-talk by noticing your inner voice, challenging negative thoughts, and using encouraging words.



## Quick heart-healthy meal swaps

Reducing sodium and added sugar can keep your heart healthier. A few easy swaps: Choose oatmeal over pastries, grilled chicken over cold cuts, or air-popped popcorn instead of chips.



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