



# Small steps

## Staying healthy during COVID-19

**Your health has never mattered so much. And even though you may be stuck at home, you can still make healthy choices. Don't forget — small actions make a big difference.**

For each of the next 21 days, take at least one small step to improve your health. Here are some ideas:

<b>1.</b> Add a serving of fruit or veggies to each meal	<b>2.</b> Go tech free for an hour	<b>3.</b> Go to bed five minutes early	<b>4.</b> Create or update your will	<b>5.</b> Drink eight glasses of water a day	<b>6.</b> Create a budget	<b>7.</b> Schedule your yearly physical
<b>8.</b> Read a self-help book	<b>9.</b> Start a gratitude journal	<b>10.</b> Do something that makes you laugh	<b>11.</b> Stop eating when you feel full	<b>12.</b> Go for a walk outside or around your home	<b>13.</b> Meditate, pray or be still for five minutes	<b>14.</b> Turn off the news for the day
<b>15.</b> Dance around your home	<b>16.</b> Find fun ways to move your body	<b>17.</b> Challenge your brain — read a book or work on a puzzle	<b>18.</b> Feel your feelings instead of using food or alcohol	<b>19.</b> Avoid skipping meals	<b>20.</b> Set up a video dinner party with friends	<b>21.</b> Plan your next vacation

Health doesn't have to be complicated. Use the next 21 days to start a lifetime of healthy habits.

**The EAP is administered by Resources For Living, LLC.**

All EAP calls are confidential, except as required by law. Provider participation may change without notice.