



31 Ways to Get Out of YOUR RUT

- Walk or jog with a friend
- Get 10 minutes more rest
- Say something nice to a co-worker
- Take at least 1 minute to look & listen to nature
- Explore salt intake
- Buy a toy you've always wanted
- Make someone smile
- Take a walk instead of watching T.V.
- Give a "difficult person" in your life a sincere compliment
- Eat more nutritious meals today
- Prove you're alive in a healthy way
- Take flowers to someone
- Give a co-worker a pat on the back
- Explore a health check up
- Appreciate yourself today
- Spend 10 minutes more with the family
- Explore sugar intake
- Be more considerate of others today
- Say upbeat things today
- Exercise for at least 20 minutes
- Leave for work 5 minutes early
- Make a new friend
- Give yourself 2 affirmations
- Explore a health club or exercise program
- Laugh
- Explore how to manage stress better
- Call a friend
- Relax for 10 extra minutes
- Assess your family wellness
- Keep adding to this list
- Call HelpPeople for more ideas and resources**

HelpPeopleSM
Employee Assistance Program

470-7447

or

800-777-6110