

make it yours

Aon Active Health Exchange™



9 ways to make time for you

Mental and emotional wellbeing is just as important as physical health. When we travel by plane, the flight attendants direct us to put on our own oxygen mask (if needed!) before assisting anyone else. It's the same with our mental and emotional health: if we don't take good care of ourselves, we can't show up well for others.

What does good self-care look like? While it can take many forms, self-care is listening to your mind and body and giving yourself what you need to be a better version of you. Here are 9 ways to take care of you:

1. **Take advantage of your Employee Assistance Program (EAP).** Many employers offer an EAP to help you with everyday matters such as finding elder care or getting assistance on legal matters. EAPs are also a great resource for help addressing serious conditions such as anxiety and depression. Make a call or go online to see how your EAP can support you.
2. **Utilize the behavioral health partnerships your medical carrier offers.** Medical carriers offer behavioral health resources that address stress and anxiety.
3. **Use your vacation time—you've earned it!** We can't run on all four cylinders 24/7. Take your vacation days, even if it means using them for a staycation or to binge-watch your favorite TV shows. Most people report higher life satisfaction and lower levels of exhaustion after a few days of R&R.
4. **Research your company's wellbeing benefits.** Many companies offer a variety of programs that can help you get fit, stress less, learn about diet and nutrition, and more. Ask your HR leader or manager about wellbeing programs available at your place of work.
5. **Get a handle on your finances.** Money worries can be a big stressor. If your financial situation has got you down, make a plan. Talk with a trusted advisor who can help you gain a better understanding of your financial status and steps you can take to improve it.
6. **Meditate.** The number of meditation and relaxation apps on the App Store and Google Play have exploded over the past few years. Find one that's right for you and take time out each day to practice mindfulness.
7. **Get more sleep.** According to the sleep experts, adults between the ages of 18 and 60 need a minimum of seven hours of sleep each night for optimal health and wellbeing. The average person gets less than that, and an estimated 50 to 70 million adults in the U.S. suffer from sleep disorders. If you're one of them, talk to your doctor about what you can do to catch better Zzzzzs.
8. **Mindful mealtime.** Skip the fad diets and practice mindful eating instead! You'll come to realize what foods nourish and keep you healthy, and find pleasure in eating without guilt or anxiety. Try mindful eating meditations with the Headspace app on the App Store and Google Play.
9. **Stay connected while working from home.** For some, the virtual workplace is here to stay. While there are advantages to working from home, it's not all upside: many report feeling isolated and disconnected in the virtual world. To stay connected, try calling a co-worker on the phone instead of sending an IM, or turn on your webcam during calls for a more personalized experience.

Benefits and services available may vary from plan to plan—please refer to your plan's Summary Plan Description for exact coverage details. This article is not intended to provide medical advice. Aon does not recommend or endorse a particular course of medical treatment. If you have any questions concerning your medical condition or any drugs, treatment plans, or new symptoms, consult your health care provider.