

SELF-CARE TIPS

FOR A HEALTHY MIND, BODY AND SPIRIT

Eat lunch in the park.

Get outside and enjoy lunch with a friend - pack it from home, or bring a delicious Wegman's sub! Fresh air helps clear your mind, and WNY has great parks where you can enjoy.

Do something creative.

As you get older, you might think that you've lost a creative edge - but it wasn't that long ago that you were playing with Legos or building a fort. Tap into your childhood creativity and explore a new hobby to get your creative juices flowing.

Find a walking partner.

Walking buddies can help you get more motivated and adventurous. They also make you more accountable and consistent. And you can be that friend that motivates and encourages as well!

Unplug from technology.

The average adult in the U.S. spends 11 hours a day on some type of screen at work or at home. Take a break and read a book or get some exercise to help declutter your mind.

Make a new friend.

If you want to live longer, add some new friends. Studies show that more friends relates to a longer, more fulfilling life. Compeer is an opportunity for you to make a new friend - to learn more visit CompeerBuffalo.org/volunteer.

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