



# IS YOUR CUP FULL?



Living a full and balanced life is important to our overall wellbeing. It's like filling a cup of your favorite healthy beverage. Is your cup balanced and full to optimize your wellbeing? Caregiving for family and friends this time of year can be challenging when you are running on fumes. Dial in on filling your cup habits each day can improve your emotional wellbeing. Increase self-care and understanding your self-worth. Looking for ways to fill your cup? Try these:



**Self-Care Splash:** Take 15 minutes for a self-care activity. Whether it's a warm bath, a face mask, or a few moments of quiet reflection, pamper yourself and recharge.



**Restful Sip:** Schedule a short nap or relaxation break. Close your eyes, unwind, and let your mind take a break. A rested mind is a rejuvenated mind.



**Activity Overflow:** Engage in a physical activity for at least 20 minutes. Whether it's a brisk walk, a quick workout, or a dance session, get your body moving. Physical activity boosts both energy and mood.



**Positive Reflection:** Take a moment to appreciate yourself. Identify and celebrate one thing you love about your personality or appearance. Positive self-image starts from within.



**Nutrient Nourishment:** Fuel your body with a nutritious meal. Choose foods that make you feel good from the inside out. A well-nourished body contributes to a well-filled cup.



**Social Sip:** Connect with a friend or family member. Whether it's a call, a chat over coffee, or a simple message, strengthen your social bonds. Positive relationships are the sweetest additions to your cup.



**Nature's Sip:** Step outside for at least 15 minutes. Whether it's a stroll in the park or a moment on your balcony, absorb the outdoors. Fresh air is a natural refresher for your cup.



# IS YOUR CUP FULL?



**Work-Life Harmony:** Set clear boundaries today. Take breaks when needed, and when the workday ends, allow yourself to fully disengage. A balanced work-life equation adds sweetness to your cup.



**Stretch and Sip:** Incorporate a quick stretching routine into your day. Reach for the sky, touch your toes—whatever feels good. Physical flexibility often brings mental flexibility. Stretch and let your cup overflow with revitalized energy.



**Workday Pause:** Take a 10-minute break during your workday. Step away from your desk, stretch, or simply enjoy a moment of quiet. A short break can do wonders for your focus and well-being.



**Hydration Hydrate:** Drink an extra glass of water today. Hydration is key to feeling energized and alert. Let your cup be filled with the pure goodness of water.



**Positive Addition:** Introduce a positive activity to your day. Whether it's listening to an uplifting podcast, practicing gratitude, or enjoying a favorite hobby, infuse your day with a burst of positivity.



**Mindful Sip:** Begin your day with 5 minutes of mindfulness. Whether it's deep breathing or a short meditation, center yourself in the present moment. Let mindfulness be the first ingredient in your cup.



**Healthful Nourishment:** Incorporate a small personal health improvement habit today. It could be a nutritious meal, a brisk walk, or a moment of stretching. Prioritize your physical well-being and let your cup be filled with vitality.



**Positive Social Blend:** Engage in a positive social interaction. Whether it's a call, a chat, or a shared activity, connect with someone who uplifts your spirits. Positive social engagement is the perfect seasoning for your cup.