

# Hello, April!

Spring is here! The next few weeks we are wrapping up with The Biggest Loser challenge, Congratulations to all of our participants! Winners will be announced in the next few weeks. For those of you who are not in the challenge but are in The Wellness Program keep up the amazing work and dedication you show monthly! You're a step closer to reaching your goals. Small changes always lead to bigger changes! If you have not been in the office for the wellness program but you are ready to better your health and get back on track with nutrition as summer is right around the corner- you can contact [wellness@silverpinedocs.com](mailto:wellness@silverpinedocs.com) or leave a voicemail at 586-726-4823 ext. 2023 and/or contact the scheduling department!

## April is Stress Awareness Month!

While stress is a normal part of daily living, Knowledge and self-awareness can help you recognize when stress is creeping is so you can manage it in the way that bring you balance. Unmanaged stress can affect every aspect of your health- emotionally, mentally, spiritually and physically.



### **Here are a few helpful tips and tricks to help minimize life stressors:**

Physical activity- Exercise to release endorphins, our feel good hormones!

Eat Nourishing foods- Try getting in foods that are high in Omega-3, Antioxidants, Magnesium, Folate, Vitamin C, and Complex Carbs!

Sleep Quality- aim for 7-8 hours of sleep, create healthy nighttime routines, and limit screen time

Connect with others – Surround yourself with positive people!

Keep a journal- Write down feelings

Avoid unhealthy habits- limit sugars, alcohol, staying up late

Be Creative and find a Hobby- find your creative side, working out is always a great hobby!

