

Greetings Falcons,

Happy Wellness Wednesday!!

As National Wellness Month comes to a close, our Wellness Wednesday posts are just getting started. Any time is a perfect time to focus on taking care of yourself physically, mentally, and spiritually. It's always important to make self-care, healthy eating, and stress management a priority! Try one of these 8 ways to boost your wellness each day and see if you can make a goal of incorporating all of them into your daily routine.

1. **Exercise.** Just 30 minutes of exercise per day can be a major mood-booster. Not only does it benefit your mental health, it also keeps your body healthy and gives you more energy.
2. **Drink more water.** Hydration is so important for your body, especially during these hot summer days. Water helps transport nutrients to give you energy, and even lubricates your joints. It's also a key to healthy digestion and clearer skin.
3. **Spend time outside.** Fresh air can do a mind and body good, especially if you're exercising outdoors. Spending time in nature can improve your memory, lower your blood pressure, and boost your mood.
4. **Practice deep breathing.** Stress and anxiety can impact your breathing without you even realizing it. It can cause you to take shallow breaths or even hold your breath for a period of time, causing your body to tense-up. Practicing deep breathing techniques, and concentrating on breathing from your diaphragm, can make a big difference.
5. **Get enough sleep.** Sleep is a huge factor in our mental and physical well-being. Getting an adequate amount of sleep each night helps keep your body healthy, your risk of depression and anxiety low, your memory sharp, your immune system strong, and so much more.
6. **Take a social media break.** With information constantly being thrown at us via social media, it's important that we take time each day to disconnect from technology to boost our mental and physical health. A digital detox can help with anxiety, sleep, mood, and lots more. Aim to put your phone away one hour before bedtime to allow your brain to wind-down before falling asleep.
7. **Call a friend or family member.** Friends and family play a huge role in our mental health, and social connection can be an instant mood-booster. Make it a goal to call or visit someone important to you every day, even if it's just for a few minutes!
8. **Cut back on sugar and load up on fruits and veggies.** The average American consumes 22 teaspoons of sugar each day, and much of it is hidden in salad dressings, soda, juice, coffee creamer, etc. Sugar depletes your energy and makes you feel tired and grumpy. If you have a sweet tooth, you can still satisfy it by swapping your sugary sweets for juicy peaches, plump blueberries, or ripe strawberries. Your body and mind will thank you for it!

Our affirmation this week is:

**Prioritizing my wellbeing is an act of self-love, not selfishness.**

Take care and be well,  
Ms. McDougall