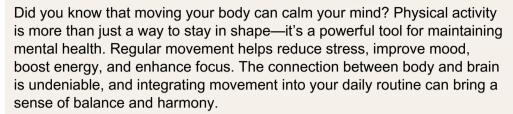
Employee Assistance Program *Tip Sheet*

Body to Brain: Harmony in Motion







Here are some strategies to make physical activity a natural part of your day:

- 1. Start Small: Commit to just 10 minutes of movement. A brisk walk, light stretching, or a quick dance session can make a difference. Gradually increase the time as it becomes a habit.
- **2. Incorporate Movement into Routine:** Park further from the entrance, take the stairs, or do a few stretches during TV commercials. Small changes add up!
- **3. Try Mindful Movement:** Activities like yoga, tai chi, or Pilates combine physical exercise with mental focus, helping you feel grounded and centered.
- **4. Socialize While Exercising:** Walk with a friend, join a sports league, or participate in a fitness class. Building connections while being active strengthens both body and mind.
- **5. Make It Fun:** Choose activities you enjoy—dancing, cycling, swimming, or hiking. When you love what you're doing, it won't feel like a chore.

If you need support in creating a balanced lifestyle, reach out to your EAP for resources, guidance, and additional tools to help you thrive



Your Employee Assistance Program

Anytime, any day, you have access to mental health professionals available to connect you with free and confidential services and resources to help you be your best. Simply call to get started today.

24/7/365 PHONE: 1.866.795.5701

WEBSITE: EAPHelplink.com CODE: HCPS



Employee Assistance Program Online Seminar



Harmony in Motion

Learn how physical activity is a key tool for mental health, sharing strategies to incorporate exercise into daily life for balance and harmony.

LET US HELP

Visit the website below starting March 18

WEBSITE: EAPHelplink.com

TOLL-FREE: 1.866.795.5701

COMPANY CODE: HCPS

