

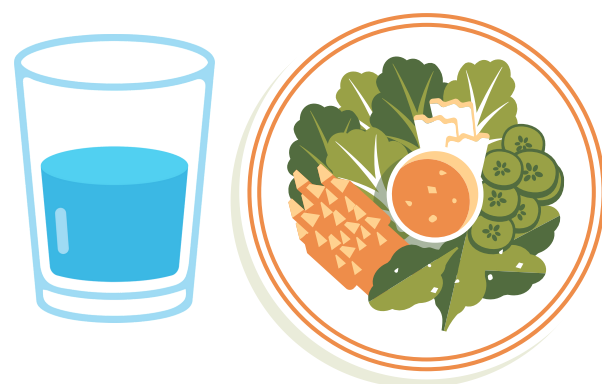
Body and Mind

General Tip Sheet



PHYSICAL ACTIVITY

Your mood improves! You'll feel better about and your energy levels will increase, helping you destress.



FOOD & WATER

Our bodies are made of water, stay hydrated to live well. Healthy foods give you more energy help you feel good about yourself.



REST/RELAX

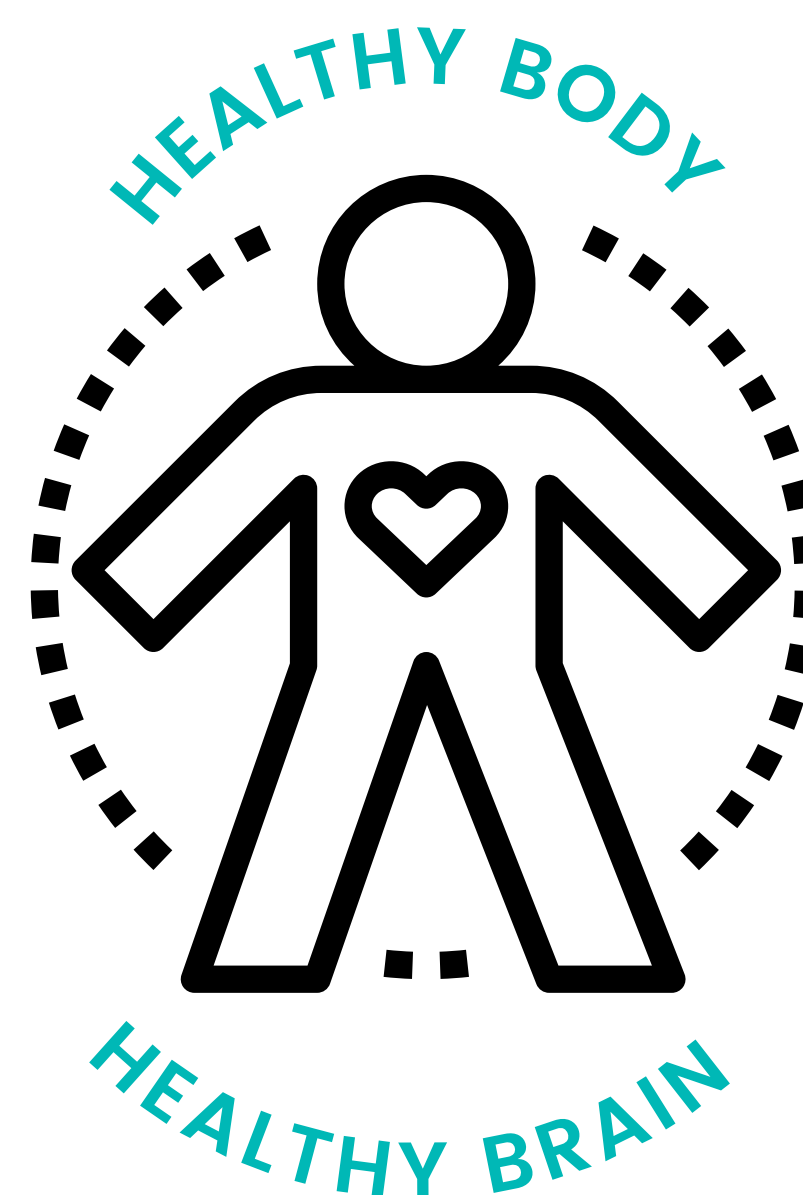
Don't forget to get enough sleep each night. This will enhance your energy during the day.



CREATIVITY

This allows your mood to explore and wander, this allows you to alleviate stress and worry.

REMEMBER: Your body & mind CONNECT! To achieve overall wellness, take care of BOTH!



CAUTION

- **CAFFEINE** can **AGGRAVATE** panic and anxiety symptoms.
- **PROCESSED FOODS, SUGAR & ALCOHOL** impact the mood and feelings of anxiety; they can contribute to low energy levels, nervousness and sleep disturbances.
- By putting harmful **SUBSTANCES** into your body, it can harm your mental health as well as your physical health.

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