



MOVE YOUR BODY, DON'T PUNISH IT

- Take a walk after dinner
- Stretch your body every morning
- Try desk exercises twice a day



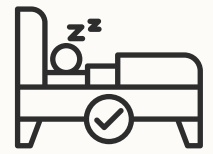
EAT MINDFULLY, NOT PERFECTLY

- Add rather than restrict
- Drink more water
- Start by making one meal healthier



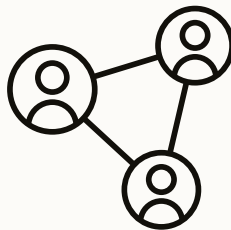
A NEW LOOK AT MODERATION

- Experiment with reducing your consumption
- Try saying, *Just for today, I'm going to...*



SLEEP LIKE IT MATTERS

- Make your bedroom comfortable
- Avoid screens before bed
- Create a calming bedtime ritual



LESS COPING, MORE SUPPORT

- Use your breath to reduce anxiety and overwhelm
- Intentionally notice the good things happening

NAILING THE BASICS

MODERATION