

# These activities can improve your health, lower toxic stress, and help you create a safe, stable, and nurturing home for your children.



## Sleep



- **Why it matters:** Sleep helps your body get rid of the bad effects of stress.
- **What you can do:** Try to get 8 hours of sleep every day by cutting down on caffeine, creating a “bedtime routine” for yourself and your kids, and not taking your phone to bed with you.
- **Need help?** Talk to your nurse about any sleep problems you have.



## Healthy Eating

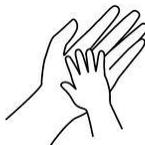
- **Why it matters:** Eating healthy foods will help lower your risk for conditions like diabetes, heart disease and other serious illnesses.
- **What you can do:** Try to eat fresh, whole foods, fruits and vegetables; avoid foods that are very processed or contain a lot of sugar; drink at least 8 glasses of water a day.
- **Need help?** Look for recipe ideas here: [eatfresh.org](http://eatfresh.org), or check out your local WIC (Women, Infants, Children) program and store ([fns.usda.gov/wic](http://fns.usda.gov/wic)).



## Exercise

- **Why it matters:** Exercise can reduce stress, and can lead to a better mood and overall good health.
- **What you can do:** Try to get at least 30 minutes of gentle exercise every day, including walking, swimming, biking; try to get outside every day.
- **Need help?** The YMCA and Parks Department offer low cost memberships.

## Relationships



- **Why it matters:** Healthy relationships are important for both mental and physical health. We may not be able to change others’ behaviors, but we can change our response and reactions to them.
- **What you can do:** Practice good, honest and open communication to support your relationships. Talk to your nurse or someone you trust if you feel unsafe.
- **Need help?** Call the National Domestic Violence Hotline at 1-800-799-SAFE (7233).

## Mental Health



- **Why it matters:** Mental health is as important as physical health because the body and mind work together. Good mental health can help the relationship between parents and children, and can help children reach their developmental milestones.
- **What you can do:** Talk to someone you trust if you are feeling down or anxious.
- **Need help?** Contact National Alliance for Mental Illness to find local resources- [nami.org](http://nami.org) or call 800-950-NAMI; ask your nurse for a behavioral health referral.

## Mindfulness



- **Why it matters:** Being aware of your physical responses to stress, emotions, and triggers may help you to relax, and pause before reacting.
- **What you can do:** When you are angry or upset count to 10 or take 3 deep breaths before you do anything else; take time for yourself during the day.
- **Need help?** Look online for free meditation apps and free guided meditations.