



HEALTHY LIVING CHECKLIST

Your wellbeing is crucial to every part of your life, including your safety. Maintaining both your physical and mental health helps you to perform at your best, each and every day. Use the following checklist to help you stay on top of your game and get the most out of your life.



- Drink water to stay hydrated
- Choose healthy foods
- Exercise regularly



- Know the medications you are taking and avoid dangerous combinations
- Speak with your doctor about alternatives to opioids, if prescribed them
- Get at least 7 to 9 hours of sleep each day



- Take regular breaks throughout the work day
- Stretch regularly
- Get regular medical checkups



- Maintain a work-life balance to reduce stress
- Pay attention to your financial health, saving when possible
- If feeling stressed or depressed, reach out to others for help



Proud Member