

***HERE'S TO YOUR
HEALTHIEST SELF!!!***

For free and confidential counseling, contact
your local ESSP Representative or

CDRs: ***Hourly*** – Carelon Behavioral Health ★

800-227-9622

HMSA

800-550-7200

Salaried – Lyra Health

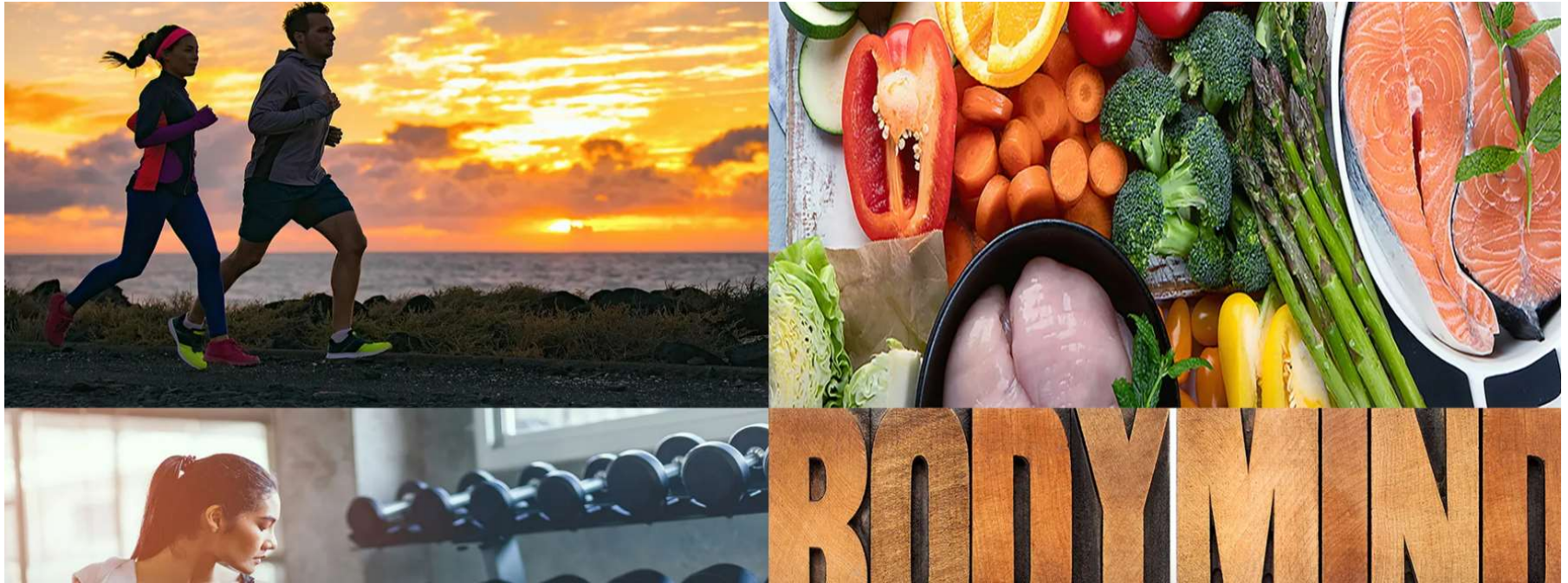
877-207-9822

***From Your National
ESSP Committee***



Happy New Year





Ditch the resolutions!

Drive to be your healthiest self in 2024!

- Each person's "healthiest self" is different.
- We have different bodies, minds, living situations, and people influencing our lives.
- Each area can impact your overall health. This means we each have a unique set of health needs.



6 ways to drive towards your healthiest self in 2024

- 1) Create a healthier home environment:
 - a) Reduce potential toxins; clean with non-toxic products.
 - b) Reduce allergens; lower humidity levels to control dust mites and mold.

- 2) Work to improve your emotional health:
 - a) Build resilience; practice self-care.
 - b) Get quality sleep.
 - c) Strengthen social connections.
 - d) Use resources to cope with loss.

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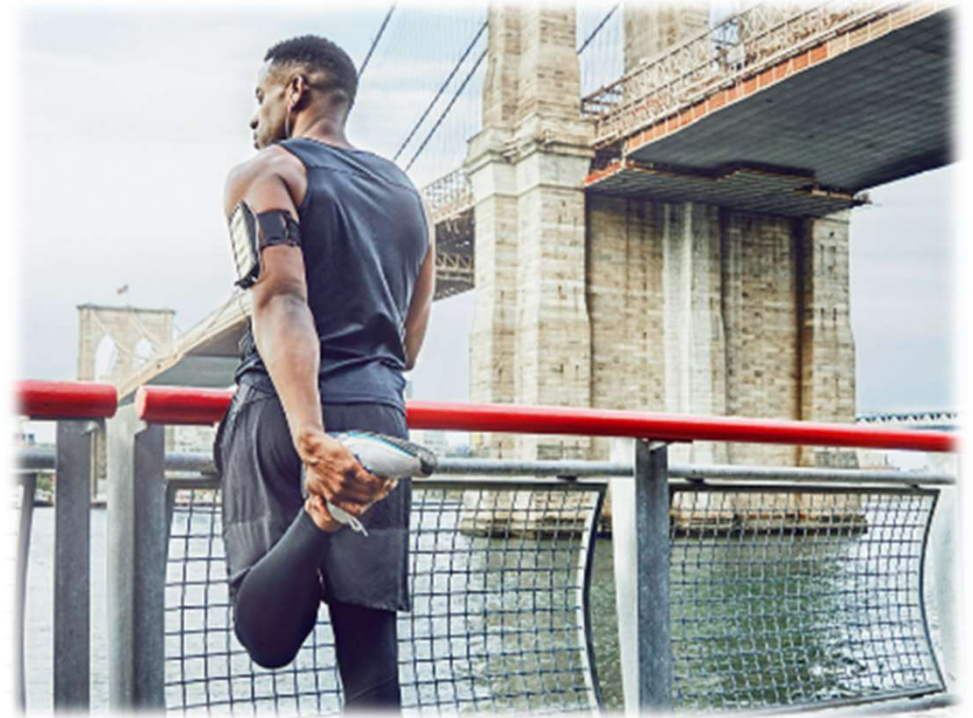


6 ways to drive towards your healthiest self in 2024

- 3) Improve your physical health:
 - a) Find a healthy weight.
 - b) Get active, find *your* movement.
 - c) Eat a healthy diet.

- 4) Improve your social health:
 - a) Join a group with similar interests.
 - b) Ask for help when needed.
 - c) Recognize how others influence you and how you influence others.

[Your Healthiest Self: Wellness Toolkits | National Institutes of Health \(NIH\)](#)



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6 ways to drive towards your healthiest self in 2024

- 5) Improve your financial health:
 - a) Create an emergency fund.
 - b) Create a budget.
 - c) Invest Smart: Talk to a financial advisor.
 - d) Improve your financial knowledge.

- 6) Promote self-acceptance & self-love
 - a) Be patient with yourself.
 - b) Don't compare yourself to others.
 - c) Set boundaries.



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The key to achieving your healthiest self is by taking responsibility for the things that you can do something about.

This requires...

- Patience,
- Discipline, and
- Consistency.

Make better health your resolution all year round.

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Own it!