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## Self-Care | Made Simple – Eat Well

Self-care does not have to be complicated, but it should include actions that promote your physical, mental, and emotional health. “Self-Care | Made Simple” offers practical tips - easy, actionable steps you can take to enhance your well-being that follow three key pillars: Eat Well. Stress Less. Move More.

This month’s focus is to “Eat Well” with this tip: **Rethink your drink.**

Many of us know we should be drinking plenty of water, but most of us struggle to do it consistently. Instead, we often quench our thirst with other beverages loaded with added sugars, sodium, and other less-than-ideal ingredients—drinks like pops, juices, energy drinks, or sweetened coffees/teas. Consuming these types of drinks regularly significantly increases your risk of diabetes, weight gain, heart disease, high blood pressure, and more.

Drinking water as your beverage of choice has so many benefits to your overall health and wellness. Here are just a few of the great benefits:

- Regulates your body temperature
- Helps you stay mentally focused
- Helps with blood flow
- Maintains your digestive system
- Protects your kidneys
- Clears any acne on your skin

Even though water is the best drink for you, it’s ok to indulge in other drinks as well. However, you should try an alternative to sugary beverages, such as low to no-calorie flavored waters or unsweetened tea and coffee.

