

Stress Reduction

- Cuddle with your pet.
- Play soothing music.
- Be Alone. Take five minutes to help you collect your thoughts and clear your head.
- Do one of these guided mindful meditations. bit.ly/OakFit-MindfulMeditation
- Try something new – a new hobby or activity that you have been putting off trying.
- Get your blood pressure taken at the Health Division.
- Get a massage. Getting a massage may do more than alleviate physical pain. Studies suggest massage may also be beneficial for fighting stress.
- Create a “to-do” list to help organize yourself, so you will be less stressed out.
- Spend time with family and loved ones because they can offer distraction, provide support and help you tolerate life’s up and downs.
- Take a nap. Napping has been shown to reduce cortisol levels, which aids in stress relief.
- Hit the pool. Floating in water triggers the body’s relaxation response, helping lower stress-hormone levels.
- Hug someone today. Hugging someone can reduce blood pressure and stress levels in adults.
- No complaining today.
- Watch your favorite funny movie.
- Go for a 10-minute walk today to give yourself some time to reflect.

Physical Activity

- Join the Waterford School District Pool & Fitness Center. <https://wellness.oakgov.com/fitness/Pages/Fit-It-In.aspx>
- Park further away in the parking lot at work and walk the extra distance.
- Great exercises to do at your desk. <https://blog.fitbit.com/desk-exercises/>
- Be an early bird. Do your workout first thing today.
- Take a walk with your family after dinner.
- Put on music and dance.
- Walk your dog at one of Oakland County’s Bark Parks.
- Build a snowman.
- Do an outdoor activity such as winter biking, skiing, snowshoeing or ice skating.
- Suggest a break during work meetings and encourage your colleagues to stretch, walk the halls, or climb the stairs.
- Do an ab exercise at your desk.
- Take a few extra laps while you’re shopping at the mall.
- Go tobogganing.
- Use the mapped walking routes and take a walk on the County’s campus. bit.ly/OakFit-WalkingRoutes
- Take a hike at an Oakland County Park.
- Replace a coffee break with a brisk 10-minute walk. Ask a friend to join.
- Take a plank break at your desk.

Well Being

- Relax and read a book.
- Take time to laugh. Watch a comedy show or video online. Laughter reduces anxiety.
- Start your day off on a positive note by engaging in an enjoyable activity first thing every morning. Sometimes it can feel like you’re going through your days on autopilot, and that can get tedious and depressing.
- Get your blood pressure taken at the Health Division.
- Try to get 8 hours of sleep.
- Call your doctor to have a physical and participate in the 2023 Health Screening Program.
- Pick one room in your house to clean and organize. Donate any items that you no longer need to a local charity.
- Try doodling or coloring in an adult coloring book.
- Try a new hobby.
- Practice gratitude today. Write down 10 things you are grateful for.
- Go the entire day without logging onto any of your social media.
- Visit the ENCOMPASS website and login (password: oakland). Take some time to look at all of the resources available to you and your family. [Encompass.us.com](https://encompass.us.com)
- Reconnect with a friend or loved one.
- Pay it forward today.
- Plan a trip to visit a place you’ve never been to before.

Nutrition

- Go to the Oakland County Farmer’s Market.
- Experiment with a new recipe.
- Avoid ultra-processed foods. IE: fast food, frozen meals, canned food, chips.
- Cut out drinking pop and sugary drinks today.
- Limit refined carbs. IE: processed corn, white flour.
- Smart substitutions to eat healthy. bit.ly/OakFit-EatHealthy
- Stay hydrated.
- Make a home cooked meal for dinner.
- Practice mindful eating today. Concentrate on your food and eating at a slow pace. Be present in the moment. Make sure there are no distractions such as the TV.
- Eat a meatless meal tonight.
- Sign up for Weight Watchers. bit.ly/OakFit-WeightWatchers
- Set reminders throughout the day to help reach your daily water goals.
- Next time you shop at the grocery store don’t buy your favorite junk food item. See if you really miss it.
- Eat a vegetable at every meal today.
- Learn more about the suggested serving size for each food group. bit.ly/OakFit-ServingSize
- Drink eight, 8-oz. glasses of water today.

