

# Sustainable Living Guide

MAY | HEALTH AND WELLNESS



Sometimes, life comes at you fast. Other times, the hustle and bustle catches up with you. With it can come stress, anxiety and an array of other emotions – all of which can impact your mental and physical health.

There's no better time to prioritize these two vital components than May, Mental Health Awareness Month. We have compiled some lifestyle guidance from the CDC's website.



## MOVEMENT

Regular physical activity is one of the most important things you can do for your health. Being active benefits your mind and body, and some activity is better than none!

Adults need at least 150 minutes of moderate-intensity activity per week. This sounds like a lot, but it can be spread out over the week. E.g. 22 minutes of activity every day or 30 minutes five days a week. You can also count smaller chunks during the day, like five minutes of climbing stairs.

We offer an assortment of equipment in your building's gym, but if the gym isn't your style, simply going for a walk around your building or neighborhood can make a bigger difference than you might think!

## MANAGING STRESS

Many of us are facing challenges that can be stressful and overwhelming. Learning to cope with stress in a healthy way will help you, the people you care about and those around you become more resilient. Here are some ways you can manage stress, anxiety, grief or worry:

- **Take a break from the news** – It's good to be informed, but constant information about negative events can be upsetting. Consider limiting news to a couple times a day.
- **Make time to unwind** – Take deep breaths, stretch or meditate. Try to do other activities you enjoy.
- **Connect with others** – Talk with people you trust about your concerns and how you're feeling. Connect with organizations in your community.



## ENJOYING ACTIVITIES

You want to create a lifestyle that's sustainable and enjoyable. Setting aside time for self-care is more important than ever. It doesn't matter if the activity you are participating in is physical or mental, alone or with a group. Having something to look forward to can work wonders for your mind and body.

Stop by our study rooms to read a new book in peace, or hang out in one of our lounge areas to play games and get to know your neighbors!