

Caring for you in all ways. Always.™



Positive ways to conquer setbacks

Experiencing setbacks is a natural part of life, and it's important to approach them with a positive mindset. Here are some tips for dealing with setbacks in a positive way:

- **Acknowledge your feelings.** Allow yourself to experience them, but try not to dwell on them for too long. Instead, focus on finding constructive ways to move forward.
- **Reframe the situation.** Look for the silver lining or lessons that can be learned from the experience.
- **Practice self-compassion.** Be kind to yourself and avoid self-criticism.
- **Seek support.** Sharing your feelings can provide emotional relief and offer a different perspective.
- **Focus on what you can control.** Identify the actions you can take to work toward a solution or improve the circumstances.

Remember that setbacks are temporary, and with resilience and determination, you can overcome them!

Springtime shape-up

Make small changes to your routine this spring such as including warm-up and cool-down activities into your exercise routine, finding ways to better manage your stress, staying positive, and eating seasonal produce.

Reduce screen time to improve sleep

March is National Sleep Awareness Month. Taking a break from screen time can limit your exposure to blue light, improving your sleep. For better sleep, avoid using screens 1-2 hours before bedtime.

Expert help, delivered with heart

Health Advocate is here to help you and your family with any health or well-being issues.

We're here 24/7

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