

Caring for you in all ways. Always.™



Boost your self-confidence

Feeling good about yourself and your abilities is important to your well-being. If you don't feel this way, it may be time to work on boosting your self-confidence. Here are some tips to help you feel more confident.

- **Focus on what you're good at.** Everyone has strengths in different areas. Think about ways you can build upon your strengths.
- **Don't compare yourself to others.** You are unique and wonderful just as you are.
- **Set achievable goals.** By setting goals that are within reach, you can create a clear roadmap for progress and growth.
- **Use positive self-talk.** Switch your inner self-talk from "I can't" or "I won't" to "I can" and "I will."
- **Surround yourself with supportive people** who value you for who you are.
- **Exercise regularly** to improve your mood and overall well-being.

Following these tips can help you boost your self-confidence and feel better about yourself.

Addressing stress in relationships

Relationship stress can frequently occur due to common issues such as lack of communication, insufficient quality time together, and conflicting priorities. Knowing why relationships begin to feel stressful can help you start to fix the problems.

Reduce your risk of cancer

April is Cancer Control month. Making healthy lifestyle choices such as improving nutrition and exercise, limiting alcohol consumption, and quitting tobacco can help reduce your risk of cancer.



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

Get the support you need, right when you need it, so you can have peace of mind.



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