




Get Outside



Fresh air and sunlight are important to your health. Sunlight helps your body to make vitamin D that keeps your calcium levels stable.

Wear SPF 30 or higher sunscreen.

Resources

Call 211 to find help with:

Housing expenses | Transportation | Food assistance | Paying bills | Healthcare | Mental health

Call 988 if you are having thoughts of suicide or self-harm.

Connect with your community

Libraries, community centers, parks, and faith organizations have so much to offer:
Workshops | Hiking | Bird watching clubs | Arts and crafts | Reading groups | Yoga | Learning opportunities

This educational material does not provide medical advice. Always confirm with your doctor before changing your health care regimen.

Sources: US Department of Agriculture myplate.gov
Center for Disease and Prevention cdc.gov

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Self-Care Practice

Everyday tools and tips



THE UNIVERSITY OF ARIZONA
MEL & ENID ZUCKERMAN COLLEGE OF PUBLIC HEALTH
Center for Rural Health



Eat Healthy and Nutritious Foods

Nourish more than your body

Our bodies use nutrients in food to grow, heal, and make the energy we need. Eating a variety of fresh food provides many of the nutrients our bodies need.

The fresh food we eat can:

- Protect against heart disease, diabetes, obesity, and cancer.
- Boost mood and relieve stress and anxiety.
- Connect us to others.
- Express family traditions.



Eat seasonally

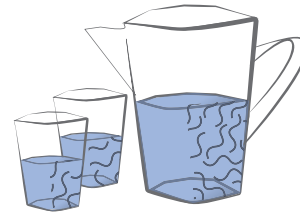
There are many health benefits to eating foods that are in season in your area. Fresh foods are nutrient dense.

Stay Hydrated

Water is the most important nutrient and supports every function in your body.



Try adding fruit to your water. Drink at least 8, 8 oz. glasses of water a day. Carry a bottle of water with you when you are out.



Stay Active

Physical activity helps more than just your body!



Improves sleep
Reduces stress/anxiety levels
Improves concentration
Reduces depression

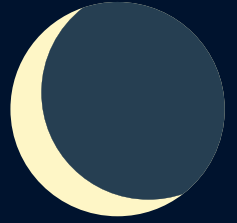
It all adds up! Try

- Taking the stairs
- Gardening
- Parking at the end of the parking lot
- Walking your dog

30 minutes a day, 5 days a week

Get Enough Sleep

Sleep supports health, mood, and memory. Adults need at least 7 hours of sleep each night. Children and teens need **MORE** than 8 hours a night.



For restful sleep try:

- Exercise
- Reduce caffeine intake
- Reduce screen time before bed
- Limit light exposure

Be Mindful

Practicing mindfulness helps manage stress, anxiety, and depression.

- Try focusing on breathing
- Go for a nature walk
- Keep a journal

