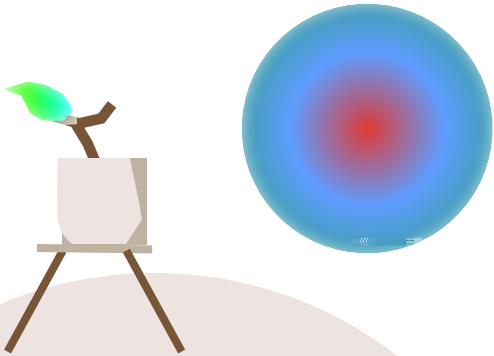


Mindfulness

Practicing mindfulness has a positive effect on the body, mind, and spirit. Meditation, yoga, and other mindfulness techniques can help improve focus, relax the mind, and decrease overall feelings of stress and anxiety. Being aware of your feelings and practicing self-care are important to your overall health.



Disclaimer

Lamar University (LU) shall not be held liable for improper or incorrect use of the data described or information contained on this map or associated series of maps. The data and related map graphics are not legal, land survey or engineering documents and are not intended to be used as such.

LU gives no warranty, expressed or implied, as to the accuracy, reliability, utility, or completeness of this information. The user of this map product assumes all responsibility and risk for the use of the product. LU disclaims all warranties, representations, or endorsements either expressed or implied, regarding the information contained in this map product, including, but not limited to, all implied warranties of merchantability, fitness for a particular purpose and non-infringement.

This preliminary map product is for research and review purposes only. It is not intended to be used for emergency management operational or life safety decisions at the local or regional governmental level or by the general public. Users requiring information regarding hazardous conditions or meteorological conditions for specific geographic areas should consult directly with their city or county emergency management office.

This work was funded by the Center for Resiliency (CfR) at Lamar University under award 22LPxx. Any opinions, findings, and conclusions or recommendations expressed in this material are those of the author(s) and do not necessarily reflect the views of Lamar University or the CfR.



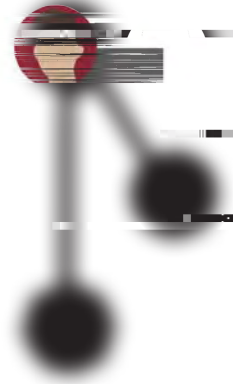
General Wellness

Wellness is the act of practicing healthy habits on a daily basis to attain better physical and mental health outcomes, so that instead of just surviving, you're thriving. Several key areas of your lifestyle are considered dimensions of overall wellness. They include:

- social connections
- physical activity
- nutrition
- sleep
- mindfulness

Social Connections

Connecting with important people in your life can be a helpful way to improve your physical, emotional, and mental health. Take 10 minutes out of your day to call someone you've been thinking about. This is a great way to connect and catch up with the people that matter the most to you.



Nutrition

Including nutritious foods in your meal planning is an important part of your daily routine. Keep fresh fruits and vegetable on hand and ready to eat. Plan for several small meals with healthy snacks in between rather than eating 3 large meals each day.



Sleep

Engaging in 20 to 30 minutes of physical activity at least 3 days a week can positively impact your overall sense of well-being and help improve your mood. Taking the stairs instead of the elevator, a quick walk around the block, or doing a few squats, lunges, or crunches

ake a big3 n-USpeothe most to you.-o(w)21.4 (