

Wellness is **not** one size fits all. Here are some tips & tricks that may help improve your overall wellness!

Improve Wellness

Get some Z's: The correct amount of sleep helps regulate the hormones that affect our mood and emotions. [How Much Sleep is Enough?](#) On average an adult should sleep between 7 to 9 hours while a teen should sleep roughly 8 to 10.

More H2O: If you have been following these newsletters, you know we love water, and for good reason! Water helps your body stay at a normal temperature, cushions joints, protects sensitive tissues & your spinal cord and helps wash your body of wastes or toxins.



Wellness Activities: Join a yoga or aerobics class to improve your physical dimension of wellness. Start a walking group with your co-workers. Learn to meditate, attend a prayer group, or even create your own wellness activity!

Expose yourself to sun! Vitamin D helps to release endorphins, or “happy hormones” which will help boost an individual's mood. Make sure to soak up the sun (before 11 am or after 4 pm) to obtain vitamin D (and avoid sunburn!)

Laugh more and Enjoy Life! Laughing, smiling, and being kind are simple ways to improve your overall quality of life. Enjoy the little things, and set a goal to complete one act of kindness a day.

Cooking Corner



Siracha Shredded Chicken Tacos are the perfect way to enjoy dinner outside with family. These crunchy tacos are sure to leave everyone feeling full. [Read more here.](#)

The best dinners are the ones with endless possibilities! [Check out](#) this **Garden Herb Pesto and Pasta Toss!** Include your favorite herbs such as basil, parsley, oregano, mint, chives, thymes and more!

Looking for a sweet treat? **Strawberry– Chocolate Greek Yogurt Bark** is the perfect late night snack. This [three ingredient desert](#) is perfect to break up and leave in the freezer for future cravings.



As always, our [School Health Team](#) is available to provide additional resources regarding school health topics. Please feel free to reach out to us any time with feedback or requests for resources. We are dedicated to improving the health and wellness of your school and community! Contact [Michaela](#), for assistance. We would love to hear from you!