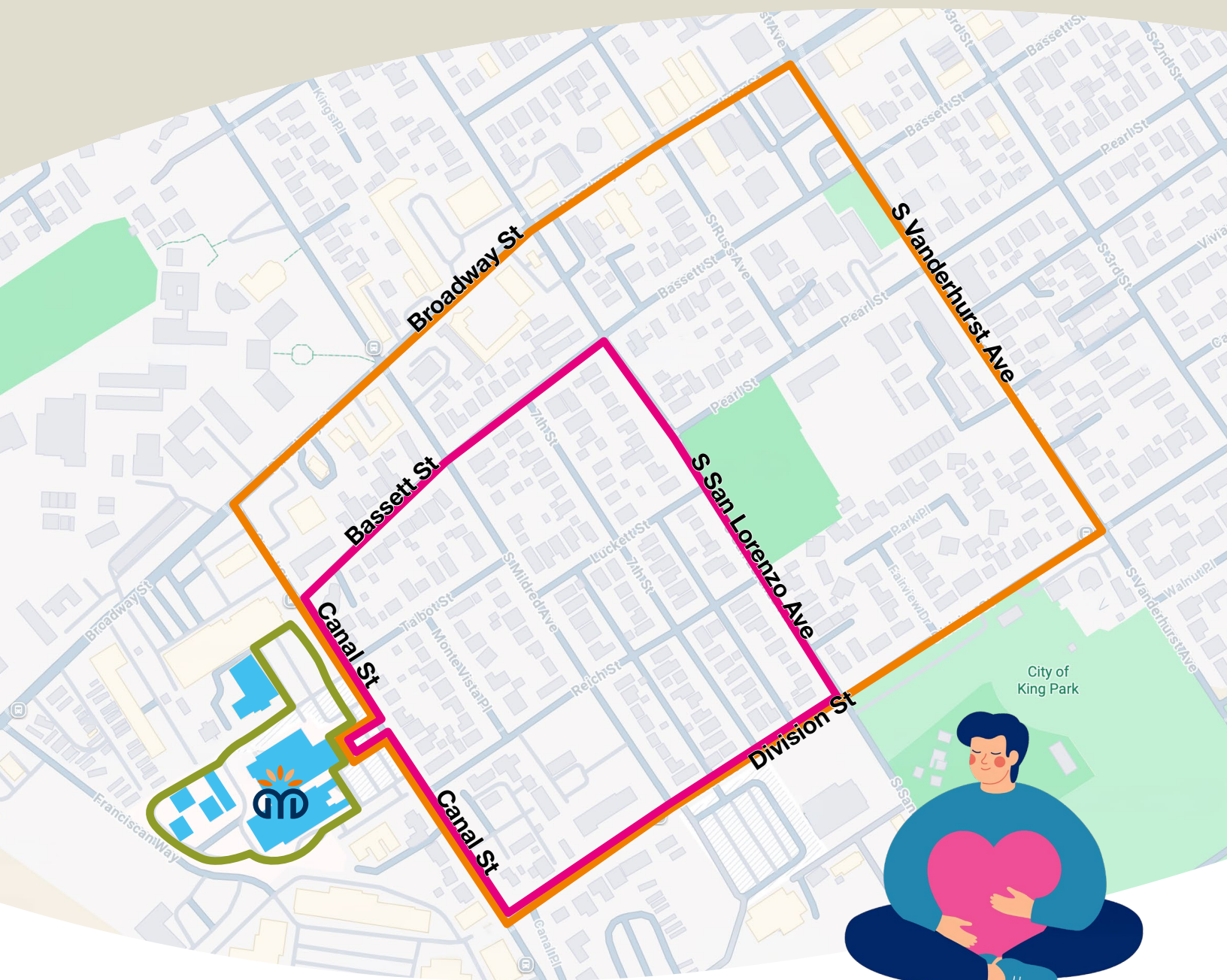


Mee Memorial Healthcare System Campus Walking Map

- 0.5 mile / approx 10 minutes
- 1 mile / approx 20 minutes
- 1.5 miles / approx 30 minutes



Engaging in regular self-care can contribute to improved mental and physical health. It helps reduce stress, promotes better emotional wellbeing, enhances resilience, and fosters a healthier work-life balance.

Whether it's a walk, a quiet moment with a book, or simply savoring your favorite tea, it is important to take time for yourself every day. Here are a few ideas to help you plan your self-care routine:

- **Healthy Nutrition:** Fuel your body with balanced meals to support overall well-being.
- **Stay Hydrated:** Drink enough water throughout the day for optimal bodily functions.
- **Regular Exercise:** Incorporate physical activity into your routine to boost mood and maintain good health.
- **Mindfulness and Relaxation:** Practice techniques such as deep breathing to manage stress.
- **Social Connections:** Nurture relationships with friends and family for emotional support.
- **Unplug from Technology:** Take breaks from screens to reduce stress and promote better sleep.
- **Regular Health Check-ups:** Prioritize preventive healthcare to catch potential issues early.