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HERE'S TO

you.

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Life celebrates .

## Recharge.

Rest. Relaxation. Sleep. Many of us don't fully recognize the importance of these three activities, and we end up feeling tired and tense after a busy week of work. It's easy to become so involved in your daily routines that you forget to take care of yourself. In addition to relaxing and getting enough sleep, it's important to build healthy routines into your life that will help you recharge.

LifeWorks can help. Call to speak with a consultant who can coach you on ways to make even small changes in your life that will help you feel a lot better. You can also order the booklet, *Feeling Good: 100 Ways To Feel Better Every Day*. This booklet is full of healthy tips to help you improve your physical and emotional well-being. You'll learn simple, effective ways to take better care of yourself and the people you care about.

Check out our new "Simplify" podcast on how to simplify your busy, hectic life and achieve a greater sense of well-being.



You can also read or download these informative articles:

- **Getting a Good Night's Sleep**- If you have trouble sleeping, you're not alone. More than half of all adults in the U.S. sometimes have difficulty falling asleep or staying asleep. [Read more.](#)
- **Using Progressive Muscle Relaxation to Ease Stress**- Progressive muscle relaxation is a technique that can help you ease stress by relaxing one muscle group at a time. [Read more.](#)
- **Gratitude Exercise**- Being grateful for one's blessings is a key ingredient of happiness. People who practice gratitude feel better about their lives: They are more optimistic, are more likely to achieve their goals, and are happier overall. [Read more.](#)
- **Ten Ways to Simplify Your Life**- Learn 10 quick tips to help you be more organized at work and at home so that you have more free time. [Read more.](#)
- **Quick Tips for Asking and Preparing for Vacation Time**- If you are looking forward to taking time off from work in the near future, it's a good idea to start planning as early as possible. [Read more.](#)

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