



# EDUCATIONAL OPPORTUNITY CENTER

# MONTHLY NEWSLETTER

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## HEALTH & WELLNESS

### FEBRUARY IS HEART HEALTH MONTH

Living a healthy life is a balance, and may include many factors, like nutrition, exercise, emotional health and more. Optimal health comes from wellness, from making decisions and practicing behaviors that benefit your overall health. As we continue to live in a pandemic we can't eliminate the stresses that are presented, but we can make an effort and smart lifestyle choices to prevent these stress-ors from wearing us down.

Finding a healthy balance in life helps improve overall well-being and productivity!

## CONTACT INFORMATION

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## DIMENSIONS OF WELL-BEING



## MENTAL HEALTH

There is not health without mental health. Mental health includes our emotional, psychological, and social well being. Mental health conditions like depression, anxiety, and addiction are real, common and treatable.

In order to better cope with stress, keep your body healthy. Eat balanced meals, get enough sleep and exercise regularly.

One approach to coping with stress overload is to take a break from the stressful situation.

Here are some suggestions:

- Take a walk.
- Watch a movie.
- Spend time on yourself — take a long bubble bath or shower.
- Listen to music.
- Work in the yard or garden.
- Work on your favorite hobby, or start a new one.
- Jog, dance, or participate in some other physical activity.

