Set routines for better health

The COVID-19 pandemic has disrupted even the most basic daily routines that can help keep us healthy. However, with just a little planning, you can re-establish scheduled times for those activities that help bolster your health. Read on to discover how following routines offers many benefits!

Find out more

Reset after setbacks

Over the last year, you may have been hit with one or several roadblocks, possibly involving your livelihood, career goals, or in other areas

Make a staycation a true getaway

Thinking of skipping vacations this year
of your life. Despite the nature of the setback, it's possible to learn to manage changes, build resilience, and maintain a “never give up” attitude to find a way forward. Read on for ideas to help you get there.

Find out more

because of ongoing social restrictions? Think again. Taking time off—even without straying far from home—helps counter burnout, boosting your moods and productivity. So make a purposeful plan for an “escape staycation,” have fun, and recharge! Here’s how:

Find out more

**Alcohol Awareness Month**

If you’re thinking about cutting back on alcohol, understanding why and when you turn to alcohol can be the first step. A licensed professional counselor can help you identify your triggers and develop healthier coping skills for life’s challenges.

866.695.8622
Visit Your Member Site answers@healthadvocate.com

24/7 Support
Don’t forget to visit your Health Advocate member website for information, tools, tips and more!