Exercise for focus, moods and more: How to get moving (no matter what!)

Want something to counter negative moods, anxiety, and depression, while also helping you sleep better, improve social interactions, and boost your energy, memory, and attention span? Physical activity’s effects on your brain offer the right prescription! If you’re feeling drained, down and stuck, these tips can help you overcome those hurdles and make physical activity a lifelong habit.

Find out more

Energy Boosters vs. Energy Drainers

How to truly help someone
Managing your energy can help you lead a more satisfying life. The goal of energy management is to focus on energy-boosting activities that help you feel good, motivated and ready to go, while avoiding energy drainers that make you feel tired and unmotivated.

Life’s challenges—whether the loss of a loved one or income, a health issue, relocation, birth of a baby, or some other change can make it hard for someone to handle even the minor details of their daily routine. You may want to offer to make their life easier. Here’s how to make sure your offer is the most meaningful.

**May is Mental Health Awareness Month**

The disruptions of the pandemic have left many people suffering in silence, feeling anxious, depressed, hopeless and stuck, unable to function fully or move forward. Right now is the time to tell others about your feelings and to reach out for the help you need to restore your emotional well-being, connections and energy to go ahead with your life. You are not alone! [Click here to take a quiz on depression.](#)

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answers@healthadvocate.com

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