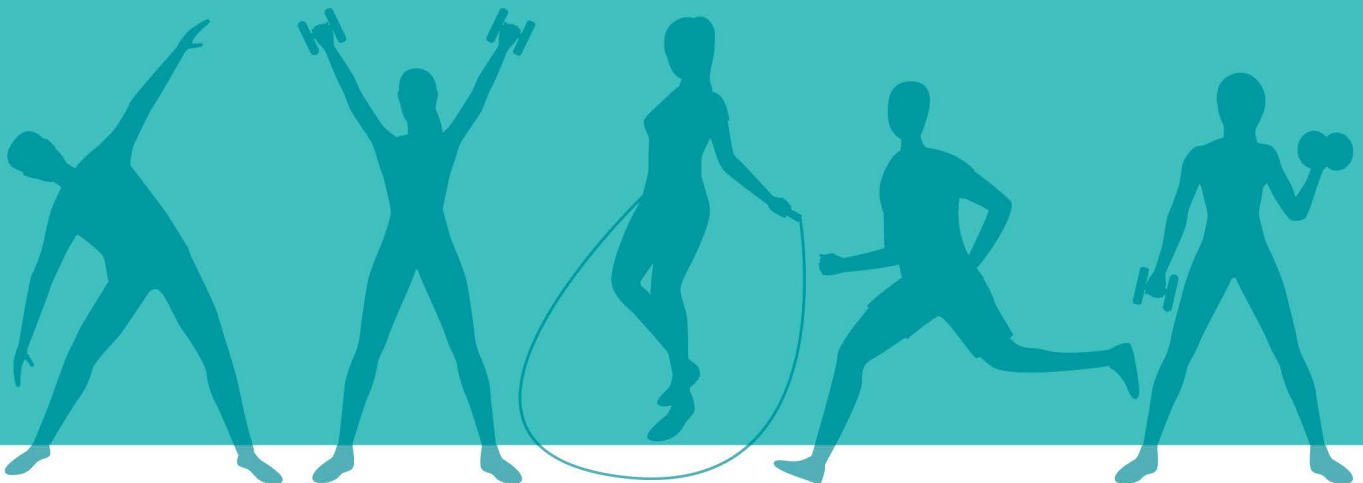# Thrive

BABY STEPS

SEPTEMBER TOOLKIT

BABY STEPS

"Baby steps count, as long as you are going forward. You add them all up, and one day you look back and you'll be surprised at where you might get to." – Chris Gardner

PHYSICAL BABY STEPS:

Physical health is essential for living a long and comfortable life. When we think about physical health, the things that should come to mind are exercising, eating good food and taking precautions against getting sick. Adding a little bit of stretching into your daily routine can also have a profound impact on your body.

Add an extra walk into your day (Even better if you try hitting 10,000 steps daily).

Order the side of vegetables instead of fries.

Keep fruit on hand for snacking.

Take the stairs.

Eat out less and plan your meals.

We most likely won't have time to do all of these things every day, but simply trying to incorporate one of the things on this list into your daily routine can positively impact your physical health.

MENTAL BABY STEPS:

Mental health issues can develop for a variety of reasons. Sometimes it's due to an environmental factor like death, divorce or a move. Other times, it can be genetic and occur without a specific issue to pinpoint. Sometimes, our mental health is even challenged by a global pandemic. Whatever you may struggle with, whether it be anxiety, depression, major stress or something else, there are baby steps you can take to start your path of well-being in mental health.

- **Mindfully breathe. Focus on deep and conscious breaths.**

- **Listen to your favorite music.**

- **Call one family member or friend a day.**

- **Don't overwork yourself. Take time for yourself to relax or do something enjoyable.**

- **Take time to make an appointment with a mental health professional.**

These are merely suggestions. You are in charge and control of your health. You know best what you could quickly implement into your daily routine. Thrive would like to encourage you to make the small step to partake in our Break Times, which will not only help relieve some physical tension and stress on your body but also provide a moment of pause and mental clarity to give you back a little of your time. Break Time is 9:30 a.m. and 2:30 p.m. on Tuesdays, Wednesdays and Thursdays and includes all agencies.

If you would like to join this group or have questions about any of Thrive's programs, please email susan.robinson@omes.ok.gov or marissa.riley@omes.ok.gov.