



## 5 Tips to Boost Your Emotional Well-being

To bolster your emotional well-being, consider these five tips:

1. **Make time for whatever makes you smile.**
2. **Practice gratitude and lend a hand to spread positivity.**
3. **Get outside—vitamin D releases mood-boosting compounds in your brain.**
4. **Alleviate sluggishness by choosing colorful fruits and veggies, lean protein, and high-fiber carbs.**
5. **Surround yourself with people who are supportive of the best version of you.**

### Want to learn more?

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