

# 5 Things

## you can do right now as part of your wellness routine

### 1. **Get Some Shut Eye**

We need seven to eight hours for maximum, but issues such as insomnia, sleep apnea, and frequent urination can keep you awake. If you are having trouble sleeping, contact your doctor.

### 2. **Laugh**

Laughter can strengthen the immune system, ease pain and stress and boost your energy.

### 3. **Eat A Prune**

Prunes have some of the highest Oxygen Radical Absorbance Capacities (ORAC). In plain english, that means they are loaded with antioxidants. Blueberries, blackberries and kale are high on the list too.

### 4. **Stand Up Straight**

Hunching over the computer? Poor posture can create muscle and joint pain. Consciously monitoring body mechanics and maintaining a healthy posture in daily activities can re-energize and alleviate pain.

### 5. **Build New Friendships**

Encourage new relationships by volunteering, attending a support group, or sending a card or email.