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Every August, National Wellness Month encourages us to reflect and focus on our mental, physical, and emotional health. In today's ever-changing world, it is easy to neglect wellness. However, building healthy habits, even in minor ways, can have a lasting impact on one's well-being. Wellness does not require dramatic changes to one's lifestyle. In fact, it usually starts with simple choices that are part of our daily routines.

Exercising, staying hydrated, and taking time to reset daily can significantly impact how we feel and function as human beings. Here are a few tips that can contribute to your wellness this month and over the long term:

- **Move your body regularly:** Brisk walking, stretching, or even taking the stairs can help improve energy and reduce stress.
- **Stay hydrated:** Drinking water throughout the day can boost focus, reduce fatigue, and help regulate your mood.
- **Prioritize rest:** Quality sleep plays a crucial role in health. Getting seven to eight hours of sleep each night is important to support mind and body.
- **Take mental breaks:** Short pauses during the day, such as moving away from your screen or regulating your breath can help reduce stress and enhance concentration.
- **Practice gratitude:** Taking a moment to reflect on positive things each day can shape your perspective and improve emotional resilience.

National Wellness Month is a perfect opportunity to stop, reflect, and reset. Wellness is not a one-time goal, but a continuous practice that starts with simple and mindful actions.