

# Mid-year reset: Check in with yourself



Summer can be a busy time, and between work, family, and everyday life, it can be easy to lose track of how you're really doing. As the season comes to an end, it's the perfect time to pause and take a moment to check in with yourself.

## How are you feeling?

Here are a few questions to ask yourself:

- Am I getting enough sleep most nights?
- Do I feel rested when I wake up?
- How is my energy during the day?
- Am I eating foods that help me feel good?
- Have I moved my body today?
- When was the last time I took a break just for me?
- Have I talked to someone I trust lately?



## Small steps make a big difference

If you're not feeling your best or those questions uncover an area of your life you'd like to pay more attention to, making small changes can help you feel better. **Try one of these simple ideas to get back on track:**

- Go to bed 15 minutes earlier tonight
- Take a short walk, even if it's just around the block
- Drink a glass of water before your next coffee or soda
- Make time for something that brings you joy, like reading or listening to music
- Say no to one thing if your plate feels too full
- Reach out to a friend or coworker for a quick check-in

**You matter. Your well-being matters. This is your reminder to take care of you.**

Health Advocate is here to support you on your health and well-being journey.  
Reach out to us today for guidance and resources.



Scan me to download our  
mobile app and log on today!

First-time users will need a registration code.

Call • Email • Message • Live Chat 

We're not an insurance company. Health Advocate is not a direct healthcare provider, and is not affiliated with any insurance company or third party provider. ©2025 Health Advocate HA-M-2405010-3.21FLY

 **HealthAdvocate**<sup>SM</sup>