

Blue Cross® VIRTUAL WELL-BEING

Looking Forward to 2020

As we wrap up another decade, it's time to look forward to what's ahead in well-being trends for next year. Here are some predicted trends from *Corporate Wellness* magazine for 2020:

- Smart devices
- Emotional well-being
- Gamified exercise
- Stem cell therapy

If you're looking to improve your well-being in 2020, here are a few changes you can make in your daily or weekly routines:

- Develop a consistent morning routine.
- Seek out phone-free experiences.
- Take 5-minute naps once or twice a week.
- Meditate for 20 minutes.
- Make a to-do list right before you go to sleep.
- Don't run from your feelings. Bring them to life instead.
- Get outside for 30 minutes at least three times a week.



Self-care will be another trend for 2020. It's important to take good care of your body, mind and soul every day, not just when you get sick. Here are some ways to get started with your self-care from Psychology Today:

- Make sleep part of your self-care routine.
- Take care of yourself by taking care of your gut.
- Exercise daily.
- Eat right.
- Say no to others, and say yes to your self-care.
- Take a self-care trip.
- Take a self-care break by going outside.
- Let a pet help you with your self-care.
- Take care of yourself by getting organized.
- Cook at home.
- Read a book about self-care.
- Schedule self-care time, and guard it with everything you have.

Learning how to eat right, reduce stress, exercise regularly and take a timeout when you need it are touchstones of self-care and can keep you healthy, fit and resilient.

Sources: corporatewellnessmagazine.com*, psychologytoday.com*

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