

Family Well-being



Nurturing Strong Family Bonds through Healthy Living

Family well-being is a continuous lifestyle journey that starts at home. Engage in activities that promote wellness and togetherness.

Healthy Mealtime Rituals:

Engage in meaningful conversations, share stories, and savor nutritious, homemade meals. It's a wonderful opportunity to bond and prioritize good nutrition.

Ideas To Try:

- Meal/snack prep
- Explore recipes
- Sit down for family meals



Ideas To Try:

- Reading
- Playing / creating games
- Engaging in hobbies

Digital Detox:

Encourage designated "tech-free" times or areas in your home. Set aside quality time for activities that promote connection, creativity, and relaxation.



The Power of Play:

Engaging in play as a family fosters stronger bonds, promotes communication and problem-solving skills, reduces stress, and enhances overall well-being.

Ideas To Try:

- Bike rides
- Family workout
- Explore local parks & hikes



Did You Know?

Preserving the Bonds, Love Starts at Home

A family's mental health is as important as physical health.

Open Communication:

- Is the foundation of a healthy and supportive family dynamic, fostering trust, understanding, and emotional well-being among its members.

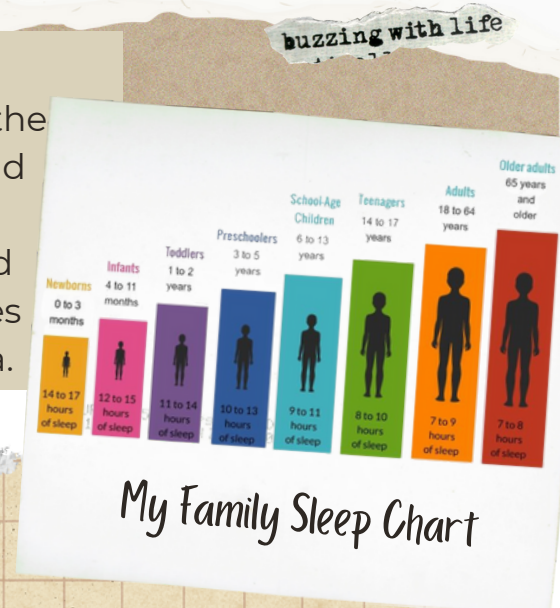
Quality Time:

- Spent together as a family fosters a strong sense of connection, promotes emotional well-being, and strengthens bonds, ultimately contributing to overall family well-being.



Rest and Relaxation:

- Help your family understand the importance of restful sleep and stress management. Create calming bedtime routines and promote relaxation techniques like meditation or gentle yoga.

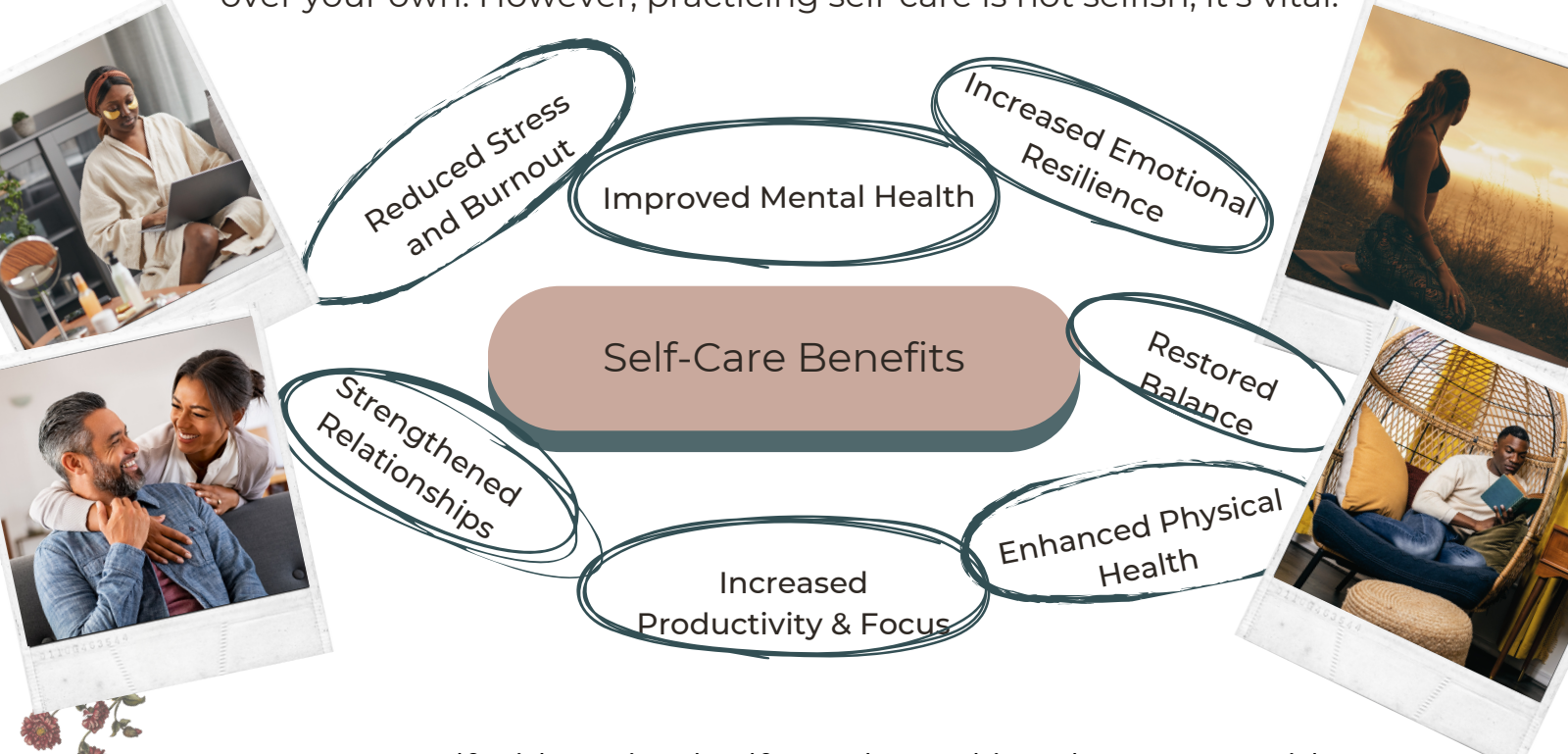


A Focused Look

From Exhausted to Empowered

Rediscovering Self-Care in the Parenting Journey

As a parent, it's easy to prioritize the needs of your children and family over your own. However, practicing self-care is not selfish, it's vital.



Empower yourself with optimal self-care by seeking the expert guidance and compassionate support of nurse practitioners, click [here](#) to schedule.

A Word From Our HSS Affiliate

Summer Sport Safety

Swimming is an enjoyable way to stay active as well as cool down in the heat of the summer. While swimming is a low-impact sport and great method of exercise, it does entail a series of repetitive movements and the possibility of injury. Learn from an HSS and USA Swim Team physician about common swimming related conditions as well as how to prevent them.

Click [here](#) for full article.



Rehab Corner

Deep Core, Dying Bug

Discover the powerful core dying bug exercise that targets your abdominal muscles and strengthens your core. This article reveals the step-by-step instructions and benefits of this highly effective exercise for achieving a sculpted midsection.

Click [here](#) for video.

