



# WHOLE you

2025 | Q1 BULLETIN



## *Welcome!*

***Welcome to another edition of Whole You, a newsletter from Arkansas Total Care.***

In this issue, Arkansas Total Care is bringing you plenty of useful articles. You'll learn about tips for meeting your goals, mental health resources, and heart health.

Arkansas Total Care hopes you enjoy our latest edition of Whole You and that it helps you take care of your whole health.



## New Year, Healthier You

It's the time of year when goals are set but not always completed. Studies show that it can be hard to meet our goals without the right tools. Here's a short list of helpful tips.



### 1 Teamwork makes the dream work.

Being around people with similar goals can be inspiring and motivating. Plus, they can help you stay focused.

### 2 Lend a helping hand.

Try volunteering at an animal shelter, visiting a retirement home, or donating clothes. There's added health benefits when you help others, including lower risk of depression and reduced stress.

### 3 Eating well feels good.

Pay attention to the food you eat and how it makes you feel. Understanding what you're putting into your body can help you make healthier choices.

### 4 Little decisions make a difference.

There's nothing wrong with the occasional sweet treat, but try swapping it out with a piece of fruit from time to time. Feel like you could be drinking more water? Have a 12-ounce glass of water before and after meals. You'll feel fuller longer. Plus, there's health benefits like improved brain function, better skin, and more.

### 5 Shake it up.

Try signing up for an event like a 5K walk or run. Having an end goal and mixing up your routine can be just the thing to get you out of a slump. Most events benefit nonprofit groups, so you'll be giving to a good cause while you're at it!

## Make the Most of Mental Health Resources

Maybe you haven't been feeling like yourself lately or you're worried about things that never bothered you before. Everyone worries from time to time. When worrying makes it hard to focus or enjoy life, it may be time to ask for help. We're here to let you know you have options to get the help you need.

**1. Visit your doctor.** Your doctor is your partner in understanding your physical and mental health. If you don't have a doctor, it's time to find one that's right for you. You can use the Find a Provider tool on the Arkansas Total Care website at [FindAProvider.ArkansasTotalCare.com](#)

**2. Speak with a nurse 24/7 for free.** Call 1-866-282-6280 (TTY: 711) when you have questions or concerns about your health that you want answered right away. Our Nurse Advice Line is available 24 hours a day, 365 days a year.

**3. Call, text, or chat for fast mental health help.** With the Suicide & Crisis Lifeline, you can get 24/7 help for you or a loved one. Call or text 988, or chat at [988lifeline.org](#).

**4. Your mental health matters.** Contact us at 1-866-282-6280 (TTY: 711) if you need help finding resources for you and your family.



## Healthy Habits for a Happy Heart

Let's celebrate American Heart Month with some free and easy ways to add a little cardio to your day. Here are some ways you can boost your heart health without hitting the gym.

### **Hit up some freebie apps.**

Looking for a quick workout? Browse your phone's app store for free apps that can add exercise to your day. There are a lot of workouts that focus on specific areas of the body, including your arms, chest, back, and legs. Or you can find ones that provide short workouts that fit your schedule.

### **Jump around.**

Short on time and space? Get jumping, jack! Try doing 10 sets of jumping jacks and increase your reps by 10 each week to build up your strength. The average calories burned for 10 minutes of jumping jacks is more than 100 for a 150-pound person! Plus, there's the added bonus of lowered blood pressure, stronger muscles, and reduced stress.

### **Walk it out.**

Take a stroll and enjoy nature. Too cold or not in

a walkable area? Hit the mall and take advantage of the space to window shop and get your steps in. You can even "house walk" by walking around your home or marching in place.

### **Get in the groove.**

Turn up the tunes and dance like no one is watching. Get creative and try different styles like hip hop, swing, or salsa. Different dance styles can help you use a variety of motions and engage multiple muscle groups. You'll not only get your heart pumping, you'll burn calories and increase your energy too!

### **Every step counts.**

Tackle your to-do list by walking instead of driving when possible. If walking isn't possible, find a parking spot further away from where you're going. Switch it up and take the stairs. If you're using public transit, hop off one or two stops early and walk the extra distance.

