



STATE EMPLOYEE WELLNESS PROGRAM

HEALTH

matters

February 2020

## Relationships Matter

Strong, healthy relationships are important throughout your life. Learn how positive social habits can help you build support systems and stay healthier mentally and physically.

[Learn More](#)



Kindness is good for the heart...literally! Expressing acts of kindness toward others releases oxytocin, a hormone known for it's heart-healthy benefits.

[Learn more about kindness.](#)



### Health Matters Posters

[Print and share these Health Matters posters](#) are your office.



### Reduce Stress

Level up your life with stress reduction with [these quick tips](#).



### Health Matters Hero

Allison Palmer is February's Health Matters Hero! [Read Allison's story.](#)



### Featured Recipe

Try this [Simple Vegetable Curry](#) for a quick and easy dinner.



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