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March
2025

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EFR EMPLOYEE & FAMILY RESOURCES

Gut Check

The gut stores bacteria that may lead to fatigue or an upset stomach when not balanced properly. Explore five ways to keep your gut healthy.

- Plan for seven hours of sleep to help reduce stress.
- Eat meals over the course of 20 minutes to allow for improved nutrient absorption and digestion.
- Drink half your body weight in ounces of water to improve digestion and gut mobility.
- Focus on more fruits, veggies, and fiber and less added sugars to keep things moving.
- Reduce stress by using your EAP benefit! Call 800-327-4692 to set up counseling sessions.

