

A Focus on Self-Care

These days, it's common to feel pulled in many directions—from demanding careers and daily responsibilities to caregiving for children or aging relatives. It may seem impossible to find the time to care for one's self. However, neglecting your own needs is a recipe for mental and physical exhaustion, and simply burning out.

It's important to take care of yourself, so you can be your best self. Learning how to reduce stress and take a time-out when you need it can help you stay healthy, happy and resilient.

Here are five self-care tips to try:

- 1 Keep in touch** and stay connected with friends, family and your community
- 2 Take guided journeys** through online apps, like Sanvello, to help you feel more in control
- 3 Exercise**, even for just 15-20 minutes a day inside or outside, can boost your mood
- 4 Practice meditation and mindfulness**, focusing inward and away from external tension
- 5 Ask for help.** If things feel difficult to cope with, reach out to others for support

If your stress becomes overwhelming, contact your doctor or therapist.