

January 2026

## Self-Care | Made Simple – Stress Less

Self-care does not have to be complicated, but it should include actions that promote your physical, mental, and emotional health. “Self-Care | Made Simple” offers practical tips - easy, actionable steps you can take to enhance your well-being that follow three key pillars: Eat Well. Stress Less. Move More. This month’s focus is to “**Stress Less**” with this tip: **Invest your energy wisely.**

We often talk about managing time, but what about managing energy? Energy is the fuel that powers everything you do—your work, your relationships, your health. When you spend it without intention, stress, and burnout creep in. The good news? You can take control by learning to invest your energy where it matters most.

Think of energy like a personal budget. You have a finite amount each day, and every task, conversation, and decision is a withdrawal. If you overspend, you end up in the red—exhausted and overwhelmed. The key is to make deposits and spend wisely.

- **Time is fixed; energy is flexible.** You can’t create more hours, but you can boost or conserve energy through smart choices.
- **Energy drives performance.** When you’re energized, you think clearly, work efficiently, and handle stress better.
- **Stress is an energy thief.** Chronic stress drains your reserves faster than any deadline. Managing stress is essential to protecting your energy.

Strategies to Spend Energy Wisely:

- **Audit your energy:** Track what energizes or drains you and adjust accordingly.
- **Align with priorities:** Say “yes” only to what supports your goals.
- **Work with your peaks:** Tackle demanding tasks when you’re most alert.
- **Make energy deposits:** Move more, eat well, and practice mindfulness.
- **Protect boundaries:** Saying “no” preserves energy for what matters most.

Energy is your most valuable resource. Spend it intentionally, replenish it regularly, and watch how stress fades while productivity and wellbeing rise.