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## 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: **Focus mindfully on the present.**

Living in the present moment is super important for maintaining good mental health. In today's fast-paced world, it's easy to get caught up in thinking about the past or worrying about the future, which can really take a toll on our mental wellbeing. By focusing on the present, we can reduce stress, anxiety, and depression and lead a more balanced and fulfilling life.

Practicing mindfulness, such as through meditation or deep breathing exercises, can be a really helpful way to stay grounded in the present moment. These techniques enable us to observe our thoughts without judgment and bring our attention back to the here and now. Over time, this can lead to reduced reactivity to stressors and an increased ability to cope with life's challenges.