

February 2025

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: **Reach out to your friends, family, and coworkers. The simple act of checking in with someone and inviting them to talk about what is troubling them is powerful and can offer hope.**

We all feel isolated at times, especially as the weather gets colder, people are getting sick, and it's harder to get together. If you are not struggling yourself, you may know someone who is. It's natural to feel unsure about how to address the situation. The fear of mishandling the conversation or saying the wrong thing often prevents us from reaching out to see how someone is doing.

However, it's important to realize that showing willingness to sit with someone and listen can demonstrate that they are cared for and provide them with a glimmer of hope. Even if you can't physically meet in person with them, picking up the phone to call, text, or video chat with someone can make a huge difference.

