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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: **Practice gratitude**.

It is very easy to get caught up in all life's stressors. Between your work life, home life, and keeping up with our fast-paced society, it is hard to remember to take a beat and enjoy life’s small moments. Even in all the hustle and bustle, it is important to take time for yourself and reflect on the happiest things in your life. Slowing down and reflecting can reduce stress, improve mental and emotional health, build better relationships, and help you become a holistically happier person.

A simple way to do this is to identify 3 things you are grateful for each day—no matter how big or small. This can be done individually or with others. To help reinforce the activity, consider keeping a log of these items on your phone or in a notebook. It will be a nice reminder of all the things you have to be grateful for as life continues to fly by.

