

December 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: [Find meaning in daily activities](#).

Our sense of purpose—whether it comes from work, family roles, or community involvement—greatly shapes our wellbeing. Gallup research shows that having purpose and finding fulfillment in daily tasks is a key factor in thriving.

To nurture a sense of meaning, reflect on your routines. Ask, “Which parts of my day make me feel proud, accomplished, or connected?” It might be completing a project, helping a friend, or simply enjoying rituals like making coffee or caring for a pet. Recognizing these moments lets you see the value you add to your world.

Try adding activities that fit your interests or values—volunteering, creative hobbies, or learning new skills. Even small acts, like showing gratitude, sharing meals, or making time for mindful reflection, can help you find meaning in daily life.

Ultimately, intentionally seeking and appreciating purpose in everyday experiences can reduce stress and boost mental and emotional health.

