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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: **Set limits on how much time you give to social media each day. Being intentional about your use of technology can lead to a greater sense of calm and emotional balance.**

Today, we are more connected and informed than ever, due in large part to smartphones and social media. These devices and platforms have brought about Face Timing, photo sharing, ads, group messages, and non-stop news; all of which have benefits. But there’s also a downside associated with this advanced technology, including its effect on your mood.

Frequent alerts and notifications can leave you feeling stressed and anxious, while hours spent on social media can lead to increased anger, unhealthy comparisons, and isolation. Productivity and sleep also decrease with frequent use of our devices. So, try taking a brief break or even disconnecting entirely this holiday season for a time to truly be more present.

