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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: **Make a list of all the ways you can practice self-care.**

In our busy lives, self-care often gets overlooked. However, prioritizing it is essential for our mental and emotional well-being. A great way to ensure you’re making time for yourself is to create a personalized self-care list.

Start by listing activities that make you happy or bring you peace, like reading a book or taking a walk. This helps remind you of what to turn to during stressful times.

Next, categorize your list based on how much time they take:

**Quick Activities (5-15 minutes):**    **Longer Activities (30 minutes or more):**

- Deep breathing
- Enjoying tea
- Stretching
- Going for a walk
- Engaging in a creative project
- Taking a bath

Having these organized helps you quickly choose the right activity for your available time.

When stress hits, it’s often hard to know what self-care you need. With a ready list, you can easily find an option that suits your mood, whether you need a quick break or a longer retreat. Self-care is vital, not optional. Create your self-care list and allow it to guide you toward moments of joy and peace in your daily life.