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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: **Go outside**.

“Cabin fever” is a very real thing. Sitting inside can make you feel lethargic, decrease your mood, and impact your sleeping habits. That’s why it’s very important to go outside, even if it’s just for a few minutes.

Going outside has so many benefits, including decreasing stress and improving your overall mood! Here’s how:

- Increasing oxygen levels in your brain raises serotonin levels which helps boost energy
- Exposing yourself to vitamin D from the sun is good for mental health
- Increasing your outdoor activity level can help improve healthy weight
- Setting your body clock can help you sleep better

Each day, spend 5-10 minutes outdoors. This could be a nice walk through your neighborhood, playing with your kids or dog, or just drinking a cup of coffee on your porch.