Self-Care Tips for Managing Stress and Anxiety

During these stressful times its important to prioritize self-care. Below are some useful tips to support your psychological health and wellness.

- Challenge worried or anxious thoughts. Use grounding techniques such as meditating or deep breathing to cope.

- Try to structure your day.

- Stay balanced.

- Build 20-30 minutes of exercise into your day.

- Limit blue light exposure before bed.

- Take a nature walk.

- Stay connected to co-workers, friends and loved ones.

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