Self-Care Tips for Managing Stress and Anxiety

During these stressful times it's 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.