

## Find time for things you love

You may already know stress can take a toll on your health. The American Psychological Association says high stress can lead to heart problems, stomach issues, headaches, and more. One of the best ways to combat stress is to find time for yourself. Doing things you enjoy will help you lower stress levels and improve your mental well-being.

### Here are some tips to make it happen:

- If you have a busy calendar, book a “meeting” with yourself.
- Don’t worry if you only have a few minutes. Even 10-15 minutes of relaxation can be helpful.
- Give up time-wasters. Decide which things you truly love, and which you can do without. Then, free time for truly enjoyable things will be possible.
- Don’t worry about perfection. Trying to do everything, all the time, can wear you out and leaves little time for anything else.

Just a few minutes of relaxation can energize and refresh you, so you can take on all the day’s tasks.

