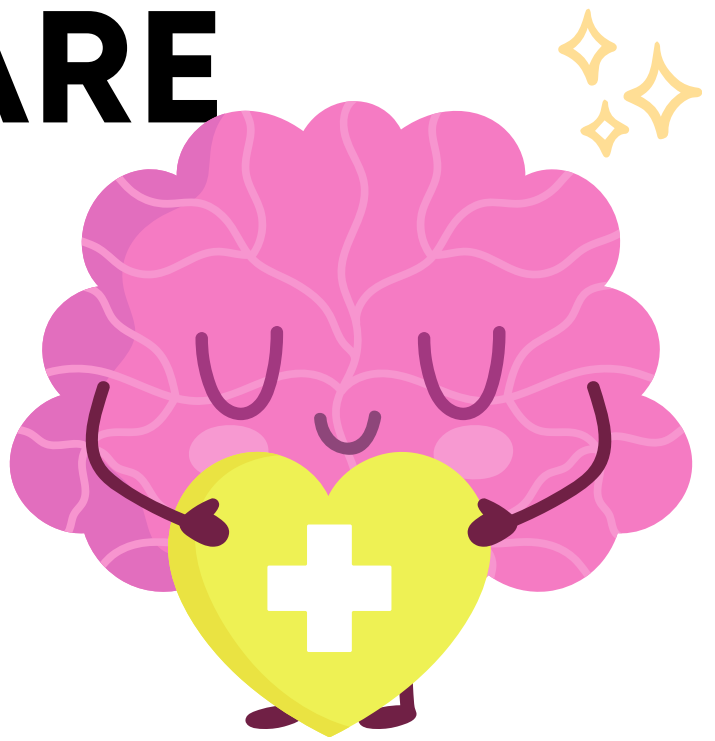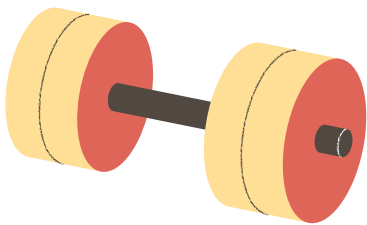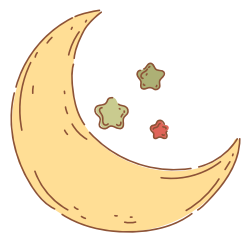# 9 EASY WAYS TO PRACTICE

SELF-CARE AND REDUCE STRESS

1. Get enough sleep

Aim for 7-9 hours of sleep per night to reduce stress and improve physical and mental health.
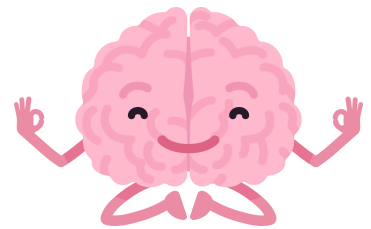
2. Exercise regularly

Physical activity has been shown to reduce stress and improve mood.

3. Practice mindfulness

Engage in activities like meditation or yoga to focus on the present moment and calm the mind.

4. Eat a healthy diet

Consuming a balanced diet with plenty of fruits, vegetables, and whole grains can improve overall health and reduce stress levels.

5. Take breaks

Make time for activities you enjoy, whether it's reading a book, listening to music, or taking a walk, to reduce stress and recharge.
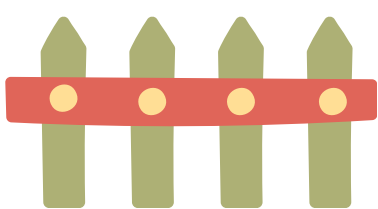
6. Connect with others

Spending quality time with friends, family, or a support network can help to reduce stress and improve overall well-being.

7. Get outside

Spending time in nature has been shown to reduce stress and improve mood.

8. Set boundaries

Learn to say no to commitments that are not important or that take away from your well-being.

9. Seek help if needed

If stress becomes overwhelming, consider talking to a mental health professional for additional support.

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MICHIGAN STATE UNIVERSITY