



# *Take Time For You*

Relaxing and rejuvenating before the fall season will help you be more productive and successful. Too much time spent at work or managing the mundane tasks of daily life commonly leads to fatigue and stress, which can directly affect physical and mental health.

## **Get Creative**

- Whether it's crafting, home renos, painting or something you've seen on social media that's inspired you, tapping into your creative side releases dopamine, the 'feel good' hormone connected to happiness, learning, memory and a positive outlook.

## **Spa Time**

- Book a spa day, or try an at-home version. Play soft music, meditate and do some light stretching. Put on a face mask and soak in the tub to get that pampered feeling, and relax.

## **Sweat It Out**

- If you've been looking for motivation to start a workout routine, here it is.
- Exercise and mental health go hand in hand, and being active regularly can be a significant stress and anxiety release for many people. Start with getting outside for a walk in the sunshine to get your body moving, and take in some much-needed vitamin D.

## **Get Cooking**

- Experimenting in the kitchen can be a fun activity. Try a new recipe or whip up a dish from a different culture.

Taking care of yourself and taking a much-needed mental break is essential. Self-care isn't selfish!