

Reduce Your Stress



Make time to take care of yourself:

- Talk to people you trust
- Be physically active throughout the day
- Plan and organize
- Sleep
- Let yourself laugh
- Donate time to others
- Keep perspective
- Find time for yourself

MAY ACTIVITY

Find Your Purpose

Consider big questions and write down your responses. If you aren't living your purpose today, think about short - and long-term changes that will help you get there. Your first tip? When you pursue activities and interests you are passionate about, you feel happier, more confident and more motivated to succeed!



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