Self-care isn't selfish

Taking care of yourself can help you recharge.
But you don't need a trip to the spa to reduce stress.
Try these proven activities anytime, anywhere.

Get some alone time
It's okay to take a breather when things get stressful.

Talk to a friend
A chat (or venting session) can help reduce stress.

Spend time with pets
They can help you manage anxiety and get you moving more.

It's okay to say "no"
Give yourself permission to set boundaries.

Get some fresh air
Walking in nature can improve your mood and relieve anxiety.

Unplug to recharge
Take a break from social media, email and stressful headlines.