



Self-care Tips

Amid our busy schedules and responsibilities, it's important to remember to take time out to care for ourselves. Self-care doesn't only mean face masks and bubble baths - it's about practices that help you reduce stress and relax.

Realize that you are resilient and committing to acting, thinking, and feeling good about yourself is within your control! Here are some evidence-based self-care tips you can use everyday.



Deep breathing

Taking a few deep breaths can help reset your mind. [Deep Breathing](#) exercises can help break cycles of unproductive, ruminating thoughts.



Calm your mind

Close your eyes and remember a time you felt calm and relaxed. Listen to a [Guided Imagery practice](#) or meditation on your Modern Health app.



Treat your body well

It's important to fuel and move your body so you can help your best! Introduce a [Mindful Eating](#) or [Mindful Walking](#) meditation into your routine.



Connect with a coach

If you feel like you could use some extra support this winter, use your Modern Health benefit to [get matched with a care professional](#).



Connect purposefully with loved ones

If you're feeling stressed, sometimes the best way to manage it is to connect with your loved ones. Engage in a conversation to develop social connection.



Contribute to others

Find ways you can help others who are less fortunate than you during a challenging time.

Modern Health is your mental wellness benefit.

Access to personalized 1:1, group, and self-serve resources for your well-being, so that you can be the best version of yourself — at home, at work, and in your relationships.

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