



## Easing stress during uncertain times

Putting others first, can often mean putting yourself last. But no one can be at their best when their own needs aren't being met. And over time, the stress that comes with taking care of loved ones can take a toll on your mental health. That's why taking time to nurture yourself is so important.

### Adopt daily small habits

Over time, taking care of others and neglecting ourselves can take its toll on our minds and bodies and make us less able to cope with stressful situations when they arise. Daily, small self-care habits like moving our bodies, eating well, and practicing self-compassion and gratitude can help us reset, refresh, and release the feel-good brain chemicals that fight the effects of stress.

### Open your mind to meditation

When you're feeling anxious, it can be hard to sleep, focus or simply get through the day. Meditation can help calm your nerves, quiet your thoughts, and help you be more mindful in the moment. With all the science on the benefits, there's no reason not to give it a try. Use it to start our day, wind down for bed, or anytime you want to feel centered.

### Gets your zzzzs

[Sleep](#) is such a critical part to our overall well-being and there are so many ways it is being sabotaged these days, including by stress itself. Be sure to unplug from screens at least 30 minutes before bedtime and aim for the recommended 7 to 8 hours of sleep per night for optimal stress busting. A well-rested mind is more resilient, better able to focus, and better able to deal with the surprises life throws our way.

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