WELLNESS CHECK-IN:

Mindfulness

Feeling overwhelmed? Try practicing the following self-care tips to make each day more manageable, productive, and self-nourishing:

- Take time each day to unplug.
- Stick to a consistent sleep schedule. And be sure to get in those 8 hours!
- Breathe. Believe it or not, taking a slow, deep breath can help reduce feelings of stress and anxiety.

Don’t forget: Pace’s Just in Case App is also a great resource for connecting you with many support services you might need, including important mental health information. You’re not alone. We’re here to help!