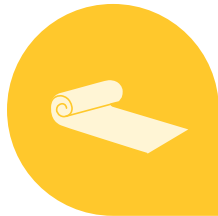


Easy Ways to Sneak in Self-Care

When it comes to self-care, even a few minutes can be meaningful. Try a time-saving tweak or two — batch your emails at work, meal prep on Sundays, streamline your morning routine — and spend those spare minutes on yourself.

Morning Stretch It Out



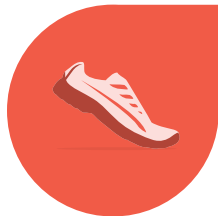
Roll out your yoga mat and om your way to a better day. Yoga may lessen symptoms of depression, migraines, and chronic back pain. Recent research suggests it may also improve heart disease risk factors as much as other exercise.

Evening Breathe Deep



One surefire way to decompress from the day you've had: deep breathing. Stress tends to make our breathing more shallow, says Domar. Deep breaths can up your oxygen and bring a sense of calm. Rest one hand an inch above your belly button. As you inhale, your hand should rise an inch. Count down from 10 to zero with each inhalation, then exhale slowly.

Midday Take a Stroll



Getting away from work for a few minutes helps your health “by calming the autonomic nervous system, lowering your blood pressure, and allowing you time to recover,” says Alice Domar, PhD. Research also suggests that simply moving your body — like climbing stairs or taking a short walk — may help protect against depression, even if you're not pumped to get started.

Night Go to Bed Already!



Most adults need at least seven hours of sleep a night — but many of us get less than that. Too little quality shut-eye raises the risk of asthma, heart attack, and depression. Research also suggests that chronic poor sleep may increase the risk of Type 2 diabetes. Hitting the hay may be one of the best self-care moves you make all day.

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