SIMPLE SELF CARE IN UNDER 15 MINS

A month away at a spa would be wonderful. But, if you don't have a gift certificate for that handy, try some of these simple ways to treat yourself.

1. Use your legs by going for a short walk. As you do, focus on what you see and examine it closely as you pass by, anchoring your mind in the moment.

2. Get better ZZZs by stretching before bed. A 15-minute session can put your mind – and your muscles – at ease.

3. Just water? That's right. Slowly sipping a hot cup of water can improve digestion and decrease anxiety.

4. Talking to yourself? You're not crazy. Say three things to yourself that you like about yourself each morning.

5. To do, or not to do. Make a short list of your "To dos" before bed to free up your mind's space to focus on sleep, not what you must remember tomorrow.

6. Nature is a mother, so she knows how to heal. Sit outside in nature for 15 minutes per week. This simple habit can reduce stress, lift your mood, and improve immunity. Turn your phone to silent during this session.

7. Therapy is great, but journaling is easier (and more affordable). Spend 15 minutes per night writing down anything that comes to mind about your day. Getting thoughts out can mean they don't fester, and grow, in the mind.