

Best Podcasts to Relieve Stress

If you feel overworked, anxious, or burned out, podcasts may offer self-care coping skills.

Self-Care Links

Micro-Steps

A Thrive Global podcast on how to unplug and recharge.

Letting Go

The Minimalists podcast discuss letting go of everything from sentimental items to stress.

Unhappiness of Screen Time

How our quality of life is affected by big tech.

Habits to Transform

How lifestyle factors affect our physical and mental health.



A Funny Truth



Can We Have a Moment of Your Time?

In-Shape website challenged readers/members to a 60-second self-care challenge, asking for one minute a day to be dedicated to a single act of self-care. The post referenced that there are 1,440 minutes in a day and this is not a big ask, it is the minimal of what one should give to themselves for just that, themselves. [Click here.](#)

Day 1: Write down three things for which you are grateful. A grateful mindset can improve sleep and lessen depression. You can find gratitude in the small things. Just find three and put to paper.

Day 2: Hold a 60-second plank. This can help you find yourself connected to your body and have a feeling of accomplishment.

Day 3: Give someone a compliment. Giving a compliment offers appreciation to others and makes yourself feel good in the process. Feel free to compliment yourself on a well-deserved effort!

Day 4: Dance like no one is watching. Crank up a favorite song and dance for 60 seconds (unless you can't stop).

Day 5: Take 10 deep breaths. A great sense of calm can come from 60 seconds of mindful breathing.

Day 6: Do squats for 60 seconds. Take it slow and see how many squats you can do in one minute. This is a good means to measure your strength. It all counts (even just setting the 1-minute timer)!

Day 7: Google cute puppy pictures. Or cats, or birds, whatever brings you an "awe" and a smile.

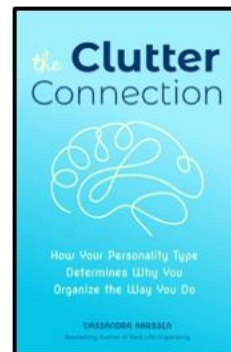
The original challenge is asking for one week, but make it your own. One week can turn into one month, whatever your preference.

The Winner's Corner



Anna Liebo wins this month's self-care gift card!

Book Club



The Clutter Connection by Cassandra Aarssen shows us how your personality type determines how you organize.