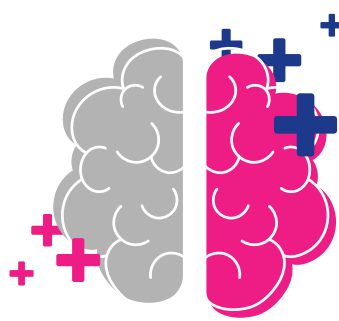# Balance for Better *well being*

Connect with Peers

Reach out to fellow members for support. A conversation with a colleague can make a big difference in managing stress and maintaining well-being.

Take Breaks

Remember to take regular short breaks during your day to clear your mind and recharge. Even a few minutes can make a difference.

Practice Mindfulness

Incorporate a few minutes of mindfulness or deep breathing into your routine to manage stress. Focus on the present moment to regain clarity.

Move Your Body

Take time to stand, stretch, or go for a walk to reduce physical tension and improve your mental well-being. Small movements can lift your mood.

Set Healthy Boundaries

Maintain boundaries between work and personal time to prevent burnout. Prioritize your time and make space for what matters most.

Seek Support When Needed

If you're feeling overwhelmed, remember it's okay to ask for help. Whether it's talking to a friend, a family member, or a professional—support is available.