When was the last time you took time for yourself to reduce your stress? Have you gone for a walk, danced, picked up a new hobby, or simply meditated? Reducing your stress has many advantages for your health. In today’s employee check-in, we discuss the CDC’s article on stress and coping. Here are some ways to cope with stress: take breaks from watching, reading, or listening to news stories, take care of your body (exercise, meditate, eat healthy) and connect with others through online meetings, phone calls, etc.

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