

# Make Time For You



**Small changes can have a big impact when practiced routinely, and over time.**

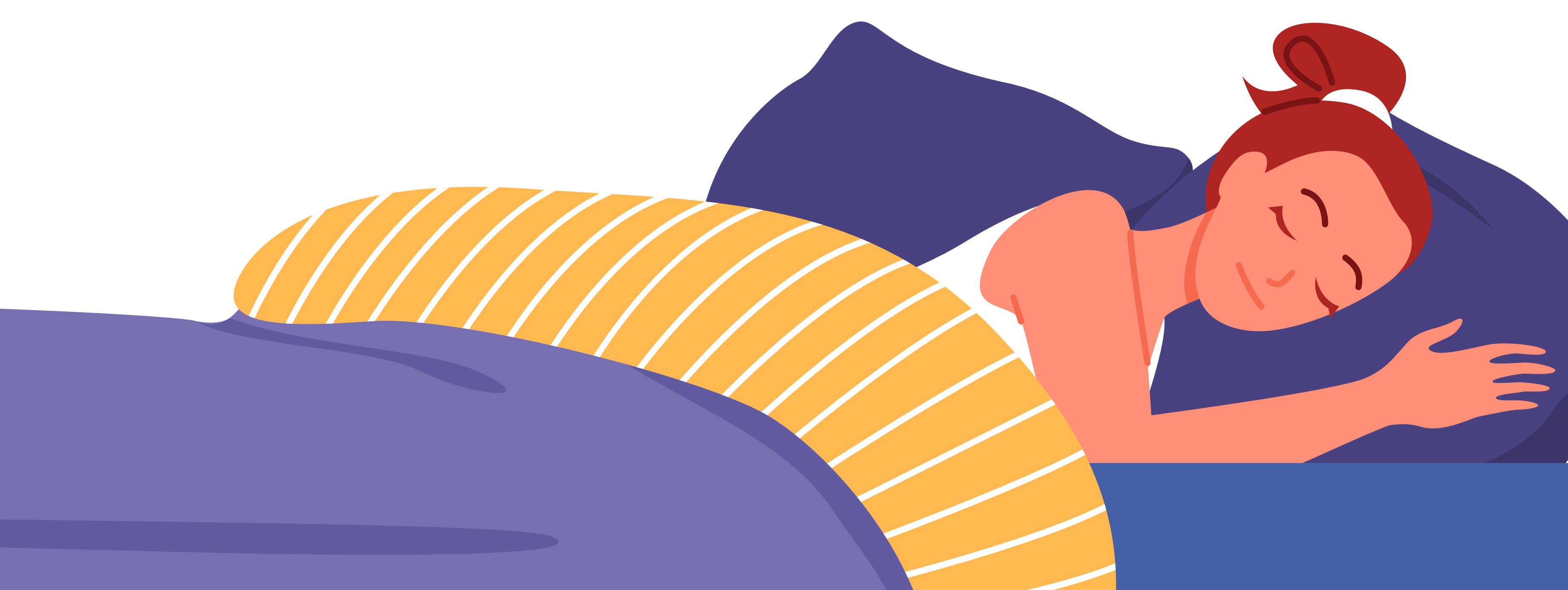


As little as **five minutes** per day of meditating or sitting quietly can help to relieve symptoms of anxiety and help you focus.



As little as **20 minutes** per day of light physical activity can boost metabolism, give you more energy, and help you feel better about yourself.

Getting enough sleep is crucial to feeling well-rested and performing optimally.



**Always denying yourself treats can lead to a scarcity mindset and overindulgence when you do treat yourself.**

