When life starts to get too hectic, it's important that you keep taking care of yourself. Prioritizing self-care in your daily routine will help reduce your stress. Here are a list of activities you can do to take a break during the day and get yourself out of your own head.

- Organize and plan your day
- Visit a new place in town
- Look up things that make you laugh
- Play a game
- Meet new people
- Find a creative way to express your feelings
- Get enough sleep
- Write down 3 things you're grateful for
- Call a friend or family member
- Practice your spiritual beliefs
- Read a book
- Do something that relaxes you
- Meditate
- Eat regularly
- Do some exercise or yoga