

# Focus on your mental, physical and financial health

Life is stressful. So, it's important that we take care of ourselves in all dimensions of life, including our mental, physical and financial health. May is Mental Health Awareness month and a great time to focus on improving your health and well-being. Here are tips to get started:

**Mental well-being:** Engage in activities such as mindfulness, meditation and social connections to help manage stress and improve emotional health.

**Physical well-being:** Exercise regularly and get balanced nutrition and adequate sleep to maintain physical health, which in turn supports mental well-being.

**Financial well-being:** Manage your finances through budgeting, saving and planning to reduce financial stress and contribute to overall peace of mind.

By integrating these dimensions, you can create a balanced lifestyle that promotes resilience and reduces the impact of stress.

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