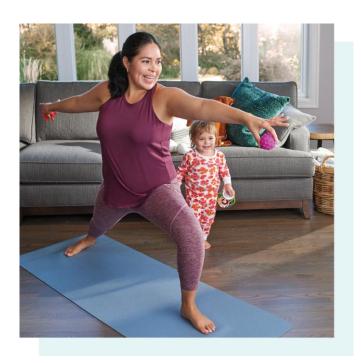# Make time for *you*

When it comes to achieving your wellness goals, the way you think matters. To observe **Mental Health Awareness Month** this May, WW put together these tips to help you reduce stress.

Make sleep a priority

Stress can make it difficult to get the sleep your body needs. To improve the quality of your sleep:

✓ Aim to get seven to nine hours of sleep most nights

✓ Avoid using your phone 30 to 60 minutes before bed

✓ Go to bed and wake up at the same time each day

Fit in activity bursts

Exercise can help reduce stress. Work in small bursts of movement during the day by:

✓ Taking "walking" phone calls to sneak in more steps

✓ Trying a short FitOn video workout, found in the WW app

✓ Standing up more during the workday

Make time for self-care

Even small acts of self-care can support your mental health. A few ideas to get you started:

✓ Write down something you're grateful for each evening

✓ Call or text loved ones to stay connected to them

✓ Meditate using the Headspace audio found in the WW app

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