

Wellness

Investing In You



It's easy to get swept away by life. Whether it's a busy home or work life, investing in yourself may not come to mind right away when planning your goals or daily tasks. Taking time to support yourself can have a ripple effect on the rest of the aspects of your life. Doing small tasks outside of work can lead to you enjoying your workday or finding hard obstacles easier to navigate. Here are a few suggestions to consider.

- 1 Learn Something New:** Adding a skill to your arsenal of talents is always a good thing. This could be work- or personal-related. No matter what you're [learning, it's good for your mind](#). (Source: Transformations Care Network).
- 2 Try Meditating:** Clearing your mind and focusing on breathing can help you be in the moment. [Studies show](#) those you meditate are better adapted to stressful situations and can make better decisions during times of disarray. (Source: Mayo Clinic).
- 3 Read:** Back when you were in school, teachers likely talked about the importance of reading. This is still true as an adult. Reading is a great way to keep your mind active and learning.
- 4 Get Outside:** Nature is a wonderful place that can help boost your mental wellbeing. Taking a walk or doing something outside can help improve your mood.
- 5 Journal:** Writing things down can be a way to remember. It can also be a form of stress relief or positive mental clarity.
- 6 Play Games:** Games are a great way to unwind and immerse yourself. Make it an intentional break away from your daily routine to play a video game, board game, card game, or any game.

If it seems impossible to fit anything more into your schedule, try to break it down into small achievable steps focused on your interests. These are suggestions to help build your own foundation of what investing in yourself looks like. You hold the power on what you do next.

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