

## What's Your Daily Self-Care Routine?

A daily self-care routine can help you manage your stress and anxiety levels, improve your mood and energy, and reduce the likelihood of illnesses. For some, self-care can be taking a bubble bath and going for a massage. For others, instilling micro moments of self-care throughout the day such as short, guided meditations or long walks after work are just as impactful.

Get more ideas on how you can establish a realistic self-care routine with these Calm resources:

- [Let's Unplug](#)
  - In this 5-minute meditation session with Chibs Okereke, you'll learn how to unplug briefly and reset in the middle of your workday.
- [Radical Self Care](#)
  - In this meditation series with Lama Rod Owens, you'll learn various self-care tools to help you create a nourishing practice of reflection and rest.
- [Nurture Yourself](#)
  - In this 7-minute Daily Move session with Mel Mah, you'll practice some breathwork, move through some gentle stretches, and wrap up with a nurturing meditation.

Check out the Calm app for other diverse resources that'll support your mental health journey. Haven't redeemed your free Calm Premium subscription yet? Click [here](#) to visit the Calm Registration page for Lennox employees.

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