

## The Hole

I've learned that weekly trips to the therapist aren't the only way to improve my mental well-being. Get outside. Incorporate a walk into your day that isn't just to the shop or the tractor. Make time to relax and decompress. Sometimes the most productive thing you can do is take a few minutes to relax and clear your thoughts. Limit your alcohol use.

Excessive alcohol consumption can worsen the effects of stress. For more tools, head to [beyondthehole.com](https://www.beyondthehole.com).