Simple ways to help reduce stress.

Small habits can make a big difference.



Stress is a part of everyday life, but there are simple ways to manage it.

Small, consistent habits can help you feel more balanced, resilient and in control while supporting your overall health. Here are some easy tips to add to your day.

Move

Give your mind a reset through physical activity. Regular movement can help reduce stress, improve mood and prevent burnout.

- Take a short walk
- Stretch between meetings
- Stand up and move every hour
- Walk during phone calls

Breathe

Slow down and reset. Mindful breathing can help calm your body and clear your mind.

- Take a few deep breaths
- Practice mindfulness
- Use grounding techniques
- Focus on the present moment

Laugh

Make room for joy. Laughter can help relieve tension and improve your outlook.

- Watch a funny TV show or movie
- Share a laugh with friends or coworkers
- Find moments of lightness throughout the day

Connect

Lean on your support system. Meaningful connections can provide comfort and a sense of belonging.

- Talk with someone you trust
- Spend time with family, friends and pets
- Strengthen social connections
- Ask for help when you need it

Rest

Recharge your mind and body. Rest helps support emotional well-being and restore your energy.

- Prioritize sleep
- Take breaks throughout the day
- Set boundaries between work and personal time
- Make self-care a regular habit

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