Ease the stress of everyday life

Stress is a normal part of life. It's your body's natural response to pressure, change, or challenges. A little stress can help you get things done, but too much can affect your mood, your health, and your daily life. Feeling stressed doesn't mean you are weak or failing. It just means your mind and body are working hard to deal with what is happening around you.

How stress might show up

You might notice:

- Your shoulders feeling tight
- Feeling annoyed more easily
- It's tough to pay attention
- Feeling tired but unable to relax
- Feeling overwhelmed or anxious

Quick ways to ease stress

Take 20 seconds. Pause for a moment. Relax your shoulders, unclench your jaw, and take a slow breath. Breathing helps your body calm down.

Quiet things down. Turn down the volume, silence alerts, or close one open tab. A little less noise and clutter can help your mind feel calmer.

Say what's stressing you out. Take a moment to name what's bothering you. Say it in your head, out loud, or on paper. Even one sentence can help your mind feel less crowded.

Do one small task. Pick something quick—throw away one piece of trash, answer one text, or put away one dish. Finishing one thing can help you feel a little more in control.

Move a little. Stretch your arms, roll your shoulders, or walk around the room. Any small movement helps your body loosen up.

Give yourself one kind thought. Say something simple, like "I'm doing the best I can" or "It's okay to take a minute." Being kind to yourself helps your body relax.

Remember, feeling stressed is normal—but taking a moment for yourself can help.
For more ways to manage stress, visit the Health Advocate blog.

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