



# STRESS AWARENESS MONTH: TAKE CONTROL, ONE STEP AT A TIME



## ► NOTICE YOUR STRESS SIGNALS

Stress looks different for everyone. You might feel tired, tense, distracted, or overwhelmed. Noticing these early warning signs gives you a chance to pause, reset, and take care of yourself before stress takes over.

## ► CREATE SIMPLE ROUTINES

When life feels unpredictable, routines offer comfort. Start small—set a wake-up time, prep meals, or create a relaxing bedtime habit. These daily anchors can make your schedule feel more manageable and less chaotic.



## ► MOVE YOUR BODY DAILY

Physical activity helps your body process stress and improves your mood. Even just 10 minutes of stretching, walking, or light movement can release tension, boost energy, and help you feel more in control throughout the day.



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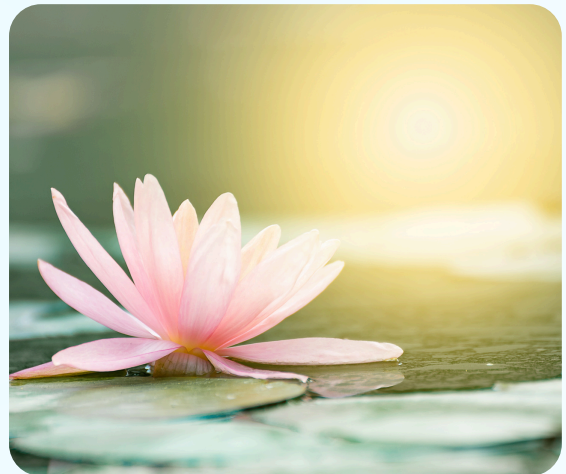


## ► TAKE MENTAL BREAKS

Your brain needs downtime, too. Try stepping away from your screen, closing your eyes for a few deep breaths, or listening to calming music. Short breaks throughout the day can reduce mental fatigue and sharpen focus.

## ► SET HEALTHY BOUNDARIES

It's okay to protect your time and energy. Say no to things that stretch you too thin, and give yourself permission to rest. Setting boundaries reduces burnout and helps you stay present for what truly matters.



## ► YOU'RE NOT ALONE

Stress can feel isolating, but you're not alone. Talking with someone—whether it's a friend, a coach, or a counselor—can bring relief and clarity. Reaching out is a strength, not a weakness, and it can change everything.

## HOW BREE HEALTH CAN HELP

Bree Health offers confidential support and tools designed to help you manage stress and feel your best. Log in through the Bree Health mobile app or visit online anytime to explore your well-being benefits.