



STRESS LESS TOOLKIT

This toolkit offers practical strategies to help you understand what causes your stress, respond to it effectively, and create space for rest and recovery. By using these tools regularly, you can build resilience and feel more prepared to navigate both everyday challenges and unexpected stressors.

IDENTIFY THE CAUSES OF YOUR STRESS

One of the most helpful first steps in managing stress is understanding what is causing it. Stress often feels overwhelming when it builds gradually or when we are responding to multiple pressures at once. Taking time to identify your stressors can help you better prepare for them and reduce their impact.

Start by noticing situations that tend to increase tension or worry. These may include work deadlines, competing responsibilities, relationship challenges, financial concerns, or major life changes. Sometimes stressors are obvious, but other times they are more subtle and develop over time.

Reflect on patterns in your daily life by asking yourself:

- What situations tend to make me feel rushed, frustrated, or overwhelmed?
- Do these stressors occur regularly?
- How do I typically react when they happen?

Common Sources of Stress

Check any that apply to you:

- Work deadlines or workload
- Balancing work and personal responsibilities
- Financial concerns
- Relationship or family challenges
- Health concerns
- Lack of time or feeling rushed
- Major life changes

My Personal Stress Triggers

Write down two or three situations that tend to cause stress for you:

Understanding your triggers helps you prepare for them and choose healthier responses.

REDUCE YOUR STRESS LEVELS

Once you understand your stressors, the next step is finding ways to reduce your overall stress levels. Small daily habits can make a significant difference in how your body and mind respond to stress.

Physical wellbeing plays an important role in stress management. Getting enough sleep, maintaining balanced nutrition, and staying physically active help your body recover from stress and improve your ability to cope with challenges.

Relaxation techniques can also help calm the body's stress response. Practices such as deep breathing, mindfulness, meditation, or stretching can lower tension and promote a sense of calm.

Stress-Reducing Habits

Check the habits you currently practice:

- Getting 7–9 hours of sleep most nights
- Exercising regularly
- Taking short breaks during the day
- Practicing deep breathing or mindfulness
- Spending time outdoors
- Limiting caffeine or sugar
- Doing activities I enjoy

One Habit I Want to Improve

Choose one stress-reducing habit you would like to focus on this week:

Small improvements over time can lead to lasting stress reduction.

PROBLEM-SOLVE THE STRESSOR

Sometimes stress comes from situations that feel difficult or overwhelming. When possible, taking a problem-solving approach can help reduce stress and create a sense of control.

Start by clearly defining the stressor. Rather than thinking about a problem in general terms, try to identify the specific issue that is causing concern. Once you understand the situation more clearly, it becomes easier to explore potential solutions.

Breaking a problem into smaller steps often makes it feel more manageable and less intimidating.

Problem-Solving Exercise

Think about a stressor you are currently facing.

The situation causing stress:

What part of this situation is within my control?

One small step I could take to improve the situation:

Even small actions can help reduce feelings of overwhelm.

PROBLEM-SOLVE THE STRESSOR

The way we interpret a situation can strongly influence how stressful it feels. Our thoughts and interpretations shape our emotional reactions, and sometimes our thinking patterns can unintentionally increase stress.

For example, interpreting a difficult situation as a disaster can intensify anxiety and frustration. Viewing the same situation as a challenge that can be managed may help you feel calmer and more capable.

Learning to recognize unhelpful thought patterns can help you respond to stress in healthier ways.

Thought Reframing Exercise

Write down a stressful thought you've had recently.

Stressful thought:

Now try reframing it into a more balanced or helpful perspective.

Alternative thought:

Practicing this type of reframing can gradually change how you experience stressful situations.

MAKE TIME TO RELAX AND RECHARGE

Rest and recovery are essential parts of managing stress. When life becomes busy, relaxation is often the first thing people set aside, but taking time to recharge helps maintain both physical and emotional well-being.

Regular breaks throughout the day allow your mind to reset and improve concentration. Even brief pauses—such as stretching, stepping outside for fresh air, or enjoying a quiet moment—can restore energy.

Activities that bring enjoyment and relaxation also play an important role in recharging.

Activities That Help Me Relax

Check the activities that help you recharge:

- Taking a walk
- Listening to music
- Reading
- Spending time outdoors
- Talking with friends or family
- Practicing yoga or stretching
- Creative hobbies

My Personal Recharge Plan

List two activities you will make time for this week:

Remember that rest is not a luxury—it is an important part of maintaining energy, focus, and resilience.





BREE HEALTH SUPPORT RESOURCES

Find Relief from Stress: Scan to download the Bree Health Mobile App and explore tools and resources designed to help you manage stress and feel more at ease.



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