



Stress Management Essentials



Stress is a normal part of both our personal and professional lives. While we can't eliminate stress entirely, the way we respond to it can make a big difference in how it affects us. When we learn to manage our stress levels effectively, it becomes easier to stay focused, meet our responsibilities, and navigate challenges. Managing stress is especially important for people who lead or support others—such as supervisors, teachers, or team leaders—because stress can influence the entire group.

Several strategies can help you reduce or manage stress:

Physical Health

Aim for 7–9 hours of sleep each night, maintain a balanced diet, and engage in regular physical activity (such as walking or yoga) to support overall wellbeing and release endorphins

Mental & Emotional Wellness

Practice mindfulness, meditation, or deep breathing exercises to help calm your mind and reduce stress hormones.

Lifestyle Adjustments

Set, maintain, and respect personal boundaries to avoid overcommitting and becoming overwhelmed.

Time Management

Prioritize tasks, break down large projects into smaller steps, and delegate when possible.

Social Connection

Maintain strong relationships with friends, family, and supportive colleagues for emotional connection and encouragement.

Relaxation

Schedule time for activities you enjoy, such as reading, gardening, or spending time in nature.

Managing stress is an ongoing process, and sometimes it helps to have additional support. If stress begins to feel overwhelming or difficult to manage on your own, Bree Health is here to help.

