



Tips

Try sending our Wise & Well Tips of the Week to your employees for quick, easily digestible health and well-being tidbits they can incorporate into their daily lives.

– Your Wise & Well Team

Four Tips to Manage and Reduce the Stress in Your Day-to-Day Activities

April 7

Deep Breathing

Each day this week, set aside some time to focus on deep breathing. Deep breathing is a great way to reduce the activation of your sympathetic nervous system, which controls the body's fight or flight response to a perceived threat. Deep breaths taken in for a count of five seconds, held for two seconds and released for a count of five seconds can help activate your parasympathetic nervous system to rest and digest, which helps reduce the overall stress and anxiety you may be experiencing.

April 21

Manage Social Media Time

Spending time on social media sites can become stressful, not only by what you might see on them but also because the time might best be spent enjoying visiting with friends, being outside enjoying the weather or reading a great book. In addition, many people use social media at night, which may worsen sleep due to increased stress when trying to wind down for the evening, resulting in fewer overall hours of quality sleep. This week, monitor the amount of time you're spending on social media. If that time can be better used for a healthy activity or to ensure you'll get a good night's sleep, turn off the screen.

Source: [mayoclinichealthsystem.org](https://www.mayoclinichealthsystem.org)

April 14

Maintain Physical Exercise and Good Nutrition

With spring approaching, many of us begin to focus more on our diet and exercise routine. Physical exercise and nutrition are two important components in how you respond to stress. When your body is healthy, your mind can be healthy and vice versa.

Physical exercise is proven to be a great stress reliever and also helps to improve your overall quality of life. Nutrition is important because stress can deplete certain vitamins, such as A, B, complex C and E. Maintaining proper nutrition helps your body and mind feel better, which allows you to better combat stress.

April 28

Connect with Others

Humans are social beings. You need to have connections with people to feel supported. This week, focus on finding a sense of community, whether at work, with a religious organization or through shared activities, such as organized sports. It is so important to your well-being. Enjoying a shared activity allows you to find support and foster relationships that can be supportive in difficult times.