



Wise & Well

# 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

Many people deal with stress every day. Work, family issues, health concerns and financial obligations are parts of everyday life that commonly contribute to heightened stress levels. Given that minimizing the chronic stress of daily life as much as possible can support your overall health, this month, focus on these evidence-based ways to relieve stress.

April 5

## Get More Physical Activity

Engaging in physical activity on a regular basis can help reduce stress levels and enhance your mood. This week, aim to remain active every day with mild activities such as walking or cycling if you are new to exercising or try increasing the intensity of an activity that you already enjoy.

April 12

## Eat a Balanced Diet

Your diet has a significant impact on your overall health, including your mental well-being. This week, try to reduce your consumption of highly processed foods and beverages. Instead, aim to consume more whole foods, which can help nourish your body and potentially increase your ability to handle stress.

April 19

## Minimize Phone Use and Screen Time

While smartphones, computers and tablets are often necessary, using them too often may increase stress levels. In fact, spending too much time in front of screens is associated with lower psychological well-being and increased stress levels in adults and kids. This week, lock up those devices and spend your time more intentionally.

April 26

## Practice Self-Care

Set aside time this week to practice self-care — it may help reduce your stress levels. Remember that self-care doesn't have to be elaborate or complicated. It simply means tending to your well-being and happiness. So focus on doing what makes you happy and relaxed.

Source: [healthline.com](https://www.healthline.com)