

5 SIMPLE WAYS to Find Your Calm

You can't always avoid stress, but you can outsmart it! Try these five small but powerful **"MICROPRACTICES"** to help you take control and feel better.

1 Journal Your Thoughts

Grab a notebook and reflect on your day or list three things you're grateful for. This short practice brings clarity and helps you gain a fresh perspective.



2

Step Outside

Need a quick reset? Spending a few minutes in nature can restore your focus, relax your muscles, and lower your heart rate.



3

Take Three Deep Breaths

Breathe in slowly through your nose, then exhale through your mouth. Deep breathing tells your brain to calm down and your body to relax.

4

Listen to Music

Sing along to let your emotions out—or play something soothing to quiet your mind. Music is a remarkable mood-booster.



5

Try a Yoga Pose

Stand with feet shoulder-width apart, inhale deeply, and lift your hands toward the sky. Try raising your heels off the floor. Hold briefly, then exhale while lowering back down. Taking care of yourself physically can help build inner strength.



Feeling Overwhelmed?

You're not alone. For extra support, reach out to your health care provider.