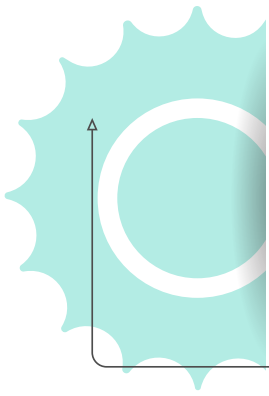


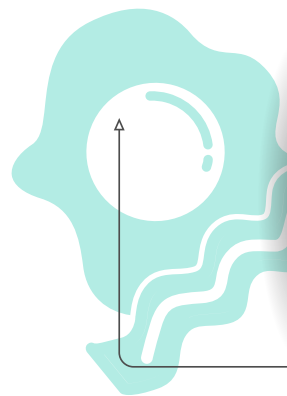
Maintaining a Routine Can Help You *Stress Less*

Life's daily challenges can be stressful but having a regular schedule can help you build resilience. Keep these tips in mind as you plan your day.

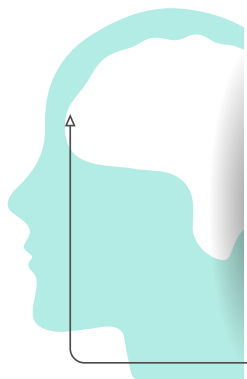


Start the day with sunshine

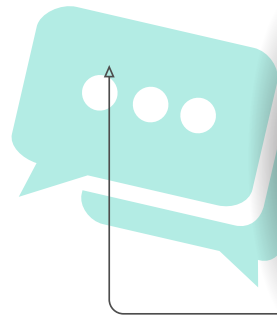
— take a brief walk or jog outside to clear your head.



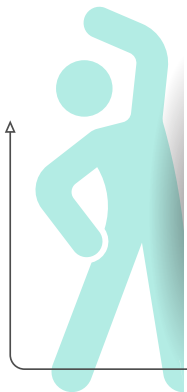
Eat a healthy breakfast



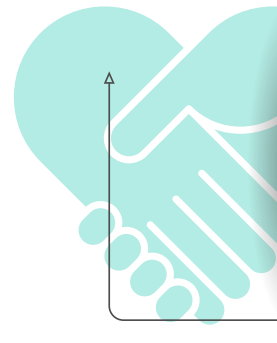
Take mindful moments to check in on yourself



Talk to friends or loved ones at lunch

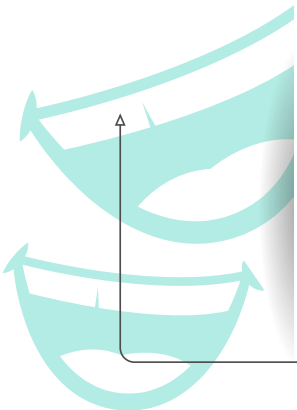


Stretch in the afternoon



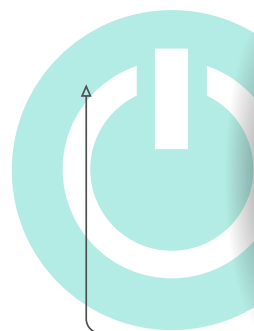
Get involved

— find ways to give either personally or financially to your community.



Have a laugh

— look for entertainment before bed that makes you feel happy.



Shut down before bed

— take time to wind down and turn off screens.

Well-being coaches are available to help you work through stress. Also, check out Unwinding Anxiety for more ways to ease stress.

Visit [BeWellSHBP.com/Stress](https://www.BeWellSHBP.com/Stress) or call **888-616-6411**.