

STRESS MANAGEMENT

Little by little, a little becomes a lot

The Butterfly Effect, a concept coined by Edward Lorenz in 1963, stresses the interconnectedness of our world and how **one small change could have an effect on us all**. If we apply this to our own lives, small actions toward improving our own mental wellbeing could even help others to improve theirs.

THINKING IN TERMS OF MINUTES PER DAY, RESEARCH SHOWS THAT:



9 minutes

of spontaneous laughter can reduce cortisol levels and improve our physical and mental health.



10 minutes

of consecutive standing time can get the blood circulating.



30 minutes

spent winding down before bed—without screens or work—can get you into a more relaxed state.

MORE SMALL ACTIONS TO MAKE BIG CHANGES:

Tip the Scales of Kindness Saying one positive self-affirmation a day and offering words of affirmation to others can profoundly alter neural pathways and combat *double* the negative thoughts, enhancing both our own self-image and the perception of those we uplift with encouraging words.

Connect with Someone Are they okay? Are you okay? Check in with your support network or connect with someone new. A sense of belonging and community can help reduce feelings of loneliness and isolation.

Move in Your Own Way Moving in a way that *you* enjoy gets the endorphins going, helps you blow off steam, and increases the likelihood for consistency.

Spend Time Outdoors Taking time out of your day to step outside and get fresh air can improve mental wellbeing. No need for strenuous activity. Consider eating your lunch outside, going for a walking meeting, or being mindful of your five senses while in nature.

Practice Deep Breathing Your breath is a powerful tool to help with stress reduction. Short, shallow breaths can heighten anxiety. Being conscious of taking deep breaths helps us shift into relaxation mode. Try the 5-5-5 method: inhale for 5 counts, hold for 5 counts, exhale for 5 counts, and repeat.

Enlist Support Whether experiencing everyday stress or a major life challenge, **JHEAP** can help connect you and your household members to a range of stress management and work-life balance resources. Access is free, confidential, and available 24/7.