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.

**Sources:** Stress Management Society, International Wellbeing Insights

**ACCESS LINE:** 888-978-1262

**WEB:** myccaonline.com | **Company Code:** JHEAP

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