

Stress Less, Live More: Simple Ways to Improve Your Well-Being

April is recognized as National Stress Awareness Month, a time to highlight the impact stress can have on our mental and physical health.

Chronic stress can lead to **serious health issues**, including high blood pressure, heart disease, anxiety, and depression. Currently, **77% of people** regularly experience **physical symptoms** caused by stress, such as headaches, fatigue, and muscle tension. As the demands of daily life continue to increase, it's more important than ever to **recognize the signs of stress** and adopt strategies to manage it. Managing stress with **small daily habits** can make a significant difference in your mental and physical health.

Practical Tips for Stress Management



Practice deep breathing exercises.
Spend 5 minutes a day focused on your breath.



Prioritize sleep.
Aim for 7-9 hours of rest each night to recharge.



Take a walk outside.
Physical activity boosts endorphins, which naturally relieve stress.



Stay connected.
Talk to a friend or loved one regularly to reduce feelings of isolation.

SOURCES: AMERICAN INSTITUTE OF STRESS