Capital

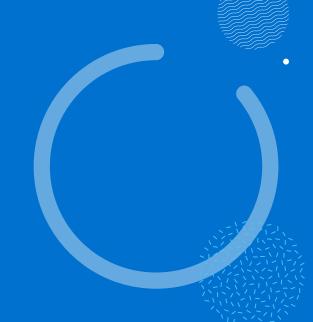# Take a moment right now to meditate.

Meditating for 5 to 25 seconds a day can decrease stress and anxiety.[1]

Small changes. Big impact.

Managing the stress factor.

Even before the pandemic, stress was something affecting many of us. Regardless of its cause—work, finances, family—the burden starts to weigh heavily on our mental health. Easing that pressure, however, might be easier than you think. By practicing healthy micro-habits—small, achievable things we can do daily—we can help reduce stress and anxiety in our everyday lives.

DID YOU KNOW:

Nearly three-quarters of adults experience at least one symptom of stress.[2]

Small changes. Big impact.

Stress comes in many sizes.

Big issues like work or family aren't the only causes of stress. Any demand on your mind or body is considered a stressor.[3] Addressing issues of all sizes is key to reducing stress.

Think little.

Habits don't have to be big to be effective. Achievable micro-habits—reading a page from a book or meditating for 25 seconds—can have big results.[4]

It's time to tackle everyday stress.

By acknowledging the factors that cause stress and creating healthy micro-habits to combat it, we can make big improvements to our mental health.

Let's change how we manage our mental health.

Find resources for reducing daily stress and other ways to stay healthy in your **Behavioral Health Resource Guide**.

[1] Amster and Eagle, "Stuck at Home? How to Find Awe and Beauty Indoors," Greater Good Magazine, April 15, 2020.

[2] Centers for Disease Control and Prevention, "Workplace Health Promotion: Mental Health Disorders and Stress Affect Working-Age Americans," 2019.

[3] Mayo Clinic Staff, "Healthy Lifestyle: Stress Management," Mayo Clinic, accessed October 14, 2020.

[4] "Focus on 'Microhabits' to Change Your Behavior," Harvard Business Review, 2020.