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## TIPS FOR SELF-CARE & STRESS RELIEF

*Mental health is essential to our overall well-being and as important as physical health. When we feel mentally well, we can work productively, enjoy our free time, and contribute actively to our communities.*

*Here are 4 ways you can bring self-care and stress relief into your day, in as little as 30 seconds.*



### 30 SECONDS | NAME YOUR FEELINGS

When a bad feeling arises, take 30 seconds to name that feeling. Whether you say it out loud, write it down or think it in your head, the technique of “affect labeling” can help calm you down.\*



### 5 MINUTES | BRIEF BREATHWORK

Breathwork is a therapeutic technique that utilizes simple, controlled breathing to reduce stress. Schedule a short break during your day to focus on your breathing and see how you feel after each 5-minute session.

The [video at this link](#) will take you through a 5-minute exercise in belly breathing.



### 20 MINUTES | GET MOVING

Walking or stretching can help you reduce stress by releasing a chemical called endorphins, which trigger positive feelings. Schedule 20 minutes of movement a few times a week to help reduce stress and increase your mental and physical well-being.



### 1 HOUR | TALK TO SOMEONE

Letting your feelings “out” by talking about them with a trusted friend or counselor strengthens you, both physically and emotionally. Learning to identify and express feelings can reduce or even eliminate symptoms of anxiety, depression and more. \*\*

Schedule time to talk to someone. A professional counselor is a great option. Contact your current provider or reach out to your Employer’s Employee Assistance Program, like Perspectives, to schedule a counseling session.



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\*Putting Feelings Into Words: Affect Labeling as Implicit Emotion Regulation [Jared B. Torre](#), [Matthew D. Lieberman](#)

\*\**The Anxiety and Phobia Workbook* by Edmund J. Bourne, PhD. New Harbinger Publications Inc.