



## 15 Daily Stressbusters

It can feel impossible to relax or have a moment to yourself when you've got a full plate. If you're feeling overwhelmed or stressed out, don't let your routine get you down! Here are a few tips to help you take the breather you deserve so you can make it through your daily routine.

### Right Out of Bed

- Before you have to get out of bed, spend a few quiet moments with your own thoughts – not with your phone. Resist the urge to check emails or social media notifications as soon as you wake up.
- Start your day with an activity that you enjoy. Make a little time to take a quiet walk, stretch for a few minutes, or listen to your favorite music.

### In The Car

- Take a minute to quietly pay attention to your breathing while your car is warming up or cooling down.
- Make peace with traffic conditions as you travel. You can't do anything about stop-and-go traffic, red lights, or the behavior of other drivers. Changing your mindset and accepting that these challenges are out of your hands can make a stressful drive more bearable.

### At Work / At School

- Give your day some structure by making a list of the things you need to accomplish and tackling the most challenging tasks first.
- Pay attention to your body and how you feel. When you notice your body getting tense, try to relax your posture.
- Try eating lunch silently for a change. Eat slowly and use this time to be with your thoughts.
- Use everyday noises or cues in your environment, like the sound of phones ringing or trips to the printer or restroom, to help you remember to center yourself and relax.
- If you find yourself focusing on negative feelings and stressors, “flip the script” and try to recall four or five things you are grateful for, no matter how small.

### The End of the Day & On The Way Home

- Retrace your day's activities. Congratulate yourself on the things you've accomplished and spend a few minutes making a list of priorities for tomorrow.
- As you wind down or walk to your car, keep your phone out of sight. Instead, pay attention to the environment and notice the sounds around you.
- If traffic during your commute home is getting you down, try taking a more scenic route. Even if it takes you a little longer to get home, you might find yourself more relaxed and at peace when you get there.

### Once You Get Home

- After reaching your home, take a minute in the car to adjust to the transition.
- Once you're home and “off the clock,” change into comfortable clothing.
- Prepare for tomorrow before you go to bed. Lay out your clothes, pack your lunch, and get organized before you start another day. Your future self will thank you.