

# STRESS LESS BLUEPRINT



THE WELLBEING  
**HAVEN**

**Go from living “on  
your nerves” to living  
with ultimate peace -  
FAST**

The Wellbeing Haven  
E-BOOK

# 7

## Simple Ways to Manage Stress and Feel More in Control

Stress is something we all face—but managing it doesn't have to feel overwhelming.

Whether you're juggling a busy schedule, navigating life changes, or just feeling the pressure of daily responsibilities, here are seven simple and effective ways to manage stress and reclaim your peace of mind.

## **1. Start Your Day With Intention**

Instead of jumping straight into your to-do list, take five minutes each morning to breathe deeply, stretch, or jot down a few things you're grateful for.

Setting a positive tone early helps you feel more grounded all day.

## **2. Move Your Body**

Exercise is a natural stress reliever. You don't have to hit the gym—go for a walk, dance around your kitchen, or do some gentle yoga.

Moving releases endorphins, which boost your mood and calm your mind



### **3. Breathe Deeply**

When things feel chaotic, pause and take a few deep breaths.

Try inhaling for 4 counts, holding for 4, exhaling for 4, and pausing for 4 more. It's called box breathing and it really works!

### **4. Nourish Your Body**

Fuelling your body with nutritious meals and staying hydrated can make a big difference in how you handle stress.

Avoid too much caffeine or sugar, which can amplify anxious feelings.

## 5. Create Boundaries

It's okay to say no.

Protect your energy by setting healthy boundaries with your time and commitments.

You don't need to be everything to everyone.

## 6. Stay Connected

Talking with someone you trust can be a powerful stress buster.

Whether it's a friend, family member, or therapist, don't be afraid to open up about what you're feeling.



## 7. Unplug to Recharge

Take regular breaks from screens and social media.

Try spending 10 minutes a day doing something screen-free—read a book, take a walk, or enjoy a hobby.

Remember: You're not alone, and stress doesn't have to control you. Small, daily changes can create big shifts in how you feel.

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