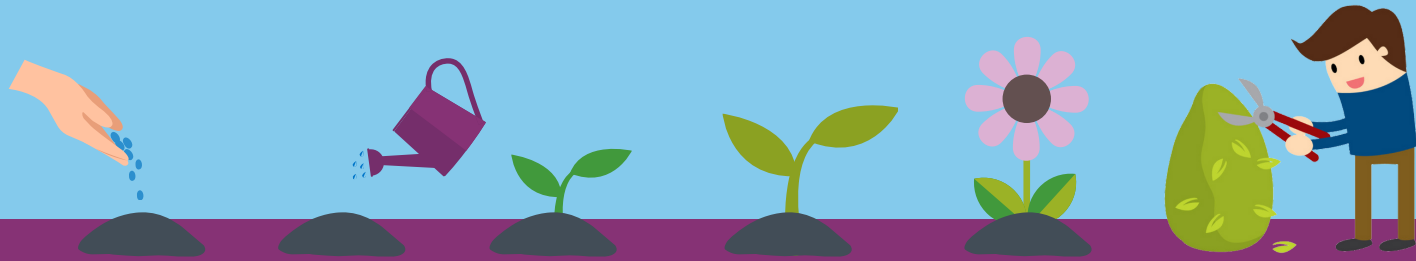




# LITTLE BY LITTLE A LITTLE BECOMES A LOT



## THE BUTTERFLY EFFECT

This term, coined by Edward Lorenz in 1963, is a concept from chaos theory: a small change to one part of a complex system, can cause an effect on the entire system. It stresses the interconnectedness of our world - some changes could have an effect on us all. So little by little, our small actions towards improving our mental wellbeing could even help others to improve theirs!



# 36.7%

A meta-analysis on stress interventions discovered that just 9 minutes of daily spontaneous laughter can significantly reduce cortisol levels, benefiting both our physical and mental health.

Kramer et al (2023)

## MINUTES ON THE CLOCK

# 10

minutes of consecutive standing time. This might seem obvious but many of us do not do it enough in the modern working environment! Take 10 minutes a day to get that blood circulating around!

# 20

minutes of simply being outdoors in nature a day can improve our mental wellbeing, not just physical. No need for strenuous activity, walking in the green will keep out mental fitness lean!

# 30

minutes to wind down and relax before bed at least. No screens, no work in sight. Take this time for yourself, take a bath, read a book, have some tea, dedicate 30 minutes to yourself.

Harvard Health Publishing (2019)

## TIPPING THE KINDNESS SCALES

Simply saying **one** positive self-affirmation a day, and offering them to others can profoundly alter neural pathways and combat **double** the negative thoughts, enhancing both our self-image and the perception of those we uplift with encouraging words.



Cascio et al (2016)

## SMALL GAINS

Small wins are little successes or progress towards a goal. They may not feel like a lot, but we can't see into the future. Our small gains may translate into our biggest wins! Little by little, our choices to make small healthy changes to our daily routine and consistently stick to the healthy changes can significantly increase our average life expectancy. The most important part of it all? That these small gains must bring us small satisfactions!



National Institute of Health (2018)

The Stress Management Society is a non-profit organisation dedicated to helping individuals and companies recognise and reduce the impact of stress and poor mental health. Since our inception in 2003, our dream has been to create a happier, healthier, more resilient world. Visit [www.stress.org.uk](http://www.stress.org.uk) and [www.wellbeing.work](http://www.wellbeing.work) or contact us at [info@stress.org.uk](mailto:info@stress.org.uk) for more information and support.

