

# Starting with You: Simple Ways to Reduce Stress



Stress is a natural response to pressure, change, and uncertainty. During Stress Awareness Month, we are encouraged to pause, notice how stress shows up for us, and take small steps to reduce its impact.

This is about awareness and action, not perfection.

## Go-to-Activities

WHEN STRESS SPIKES	WHEN YOUR BODY FEELS TENSE	DAILY HABITS THAT HELP
<p><b>BOX BREATHING</b> Breathe in for 4 Hold for 4 Breathe out for 4 Hold for 4 Repeat for 1–2 minutes</p>	<p><b>PROGRESSIVE MUSCLE RELAXATION (PMR)</b> Gently tense each area for 3–5 seconds, then release</p> <p>Hands and arms Shoulders Face and jaw Chest and stomach Legs and feet Notice the difference as your body softens</p>	<p>Take breaks away from screens Get daylight when you can Drink water regularly End the day by noticing one thing that went okay</p>
CHANGE YOUR ENVIRONMENT	WHEN YOUR THOUGHTS ARE RACING	
<p>Step away from screens for 5 minutes Take a short walk, make a cup of tea, or get fresh air</p>	<p>Write everything down to clear your head Choose one small next step Do something repetitive like walking or tidying</p>	

## Why This Works

Stress activates the body's threat response. When it stays switched on for too long, it affects focus, energy, sleep, and mood.

These simple actions help signal safety to the nervous system and support recovery. Small, repeatable changes are more effective than big changes that are hard to sustain.

Stress Awareness Month reminds us that change starts with us. When we respond to stress with care, we build resilience and make it easier for others to do the same.

## A gentle reminder

You do not need to remove stress from your life.  
You just need enough moments of calm to balance it out.

That is how you #BeTheChange.

SMALL ACTIONS, BIG IMPACT

#BeTheChange

[www.stress.org.uk](http://www.stress.org.uk)

