



Be Well. Care Well.

Be Well Bulletin



Spring into Calm: Embrace Stress-Free Living This April

As we step into April, the promise of blooming flowers and longer daylight hours brings a sense of renewal. However, amidst the beauty of spring, stress can often creep in, affecting our health and well-being. Managing stress effectively is crucial for maintaining both physical and mental health. Here are some strategies to help you stress less and live more this season.

- 1. Mindful Breathing:** Start by incorporating mindful breathing exercises into your daily routine. Taking a few minutes each day to focus on your breath can help reduce anxiety and bring a sense of calm.
- 2. Regular Exercise:** Physical activity is a powerful stress reliever. Whether it's a brisk walk in the park, a yoga session, or a cycling adventure, regular exercise helps release endorphins, improving your mood and overall well-being.
- 3. Balanced Diet:** Nutrition plays a significant role in managing stress. Consuming a balanced diet rich in fruits, vegetables, and whole grains can improve your energy levels and resilience against stress.
- 4. Adequate Sleep:** Prioritizing good sleep hygiene is essential. Aim for 7-9 hours of quality sleep each night to help your body recover and prepare for the challenges of the day.
- 5. Social Connections:** Surround yourself with supportive friends and family. Engaging in meaningful conversations and activities with loved ones can provide comfort and reduce stress.
- 6. Time Management:** Organize your tasks and set realistic goals to prevent feeling overwhelmed. Prioritizing and breaking tasks into manageable parts can enhance productivity and reduce stress.
- 7. Practice Gratitude:** Taking time to reflect on what you're thankful for can shift your focus from stressors to positive aspects of your life, fostering a sense of contentment.

By embracing these stress management techniques, you can enhance your health and wellbeing, allowing you to fully enjoy the vibrant season of spring. Remember, taking care of your mind and body is a continuous journey. This April, make a commitment to stress less and live more!

UPCOMING TRAININGS

SC Thrive Self-Care

April 9, 2026

6:30 PM -8:00 PM



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Stress

Physical symptoms of stress may include:



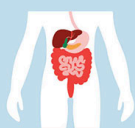
Exhaustion.



Headaches, dizziness or shaking.



High blood pressure.



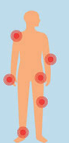
Digestive problems.



Chest pain.



Muscle tension.



Aches and pains.



Sexual dysfunction.



Weakened immune system.

Stress can lead to emotional and mental symptoms like:



Anxiety or irritability.



Depression.



Panic attacks.



Sadness.

Cleveland Clinic

Tips for Managing Stress

- Take breaks from social media.
- Practice gratitude daily.
- Make time to unwind.
- Journal
- Create and nurture connections with others.
- Get proper rest and enough sleep.
- Move more with at least 30 minutes of exercise per day.
- Eat a healthy and balanced diet.
- Limit alcohol intake.
- Ask for help.

Source: cdc.gov

Scan QR code for a guided meditation for stress relief



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