

Safety Committee's Monthly Tip

Go-to-Activities

WHEN STRESS SPIKES

BOX BREATHING

Breathe in for 4
Hold for 4
Breathe out for 4
Hold for 4

Repeat
for
1-2
minutes



GROUND YOURSELF

Name:



5 things you can see
4 things you can feel
3 things you can hear
2 things you can smell
1 thing you can taste

WHEN YOUR BODY FEELS TENSE

PROGRESSIVE MUSCLE RELAXATION (PMR)

Gently tense each area for 3-5 seconds, then release

Hands and arms
Shoulders
Face and jaw
Chest and stomach
Legs and feet



Notice the difference as your body softens

CHANGE YOUR ENVIRONMENT

Step away from
screens for 5 minutes

Take a short walk,
make a cup of tea,
or get fresh air



WHEN YOUR THOUGHTS ARE RACING

Write everything down to
clear your head



Choose one small next step

Do something repetitive like walking or
tidying

DAILY HABITS THAT HELP

- Move your body
- Get consistent, good quality sleep
- Eat regular, nourishing meals
- Connect with someone in a meaningful way
- Laugh every day

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.

