

BLUEPRINT

to wellness

TAKING CARE OF STRESS: EVERYDAY WAYS TO RECHARGE YOUR BODY AND MIND

Stress is a regular part of life, but managing it can make all the difference. Whether you need a quick reset or a long-term strategy, these simple, everyday practices can help you feel more grounded, energized and in control.

Start small, choose what works for you and remember: taking care of yourself isn't a luxury, it's a necessity.



RECHARGE WITH A NAP

Feeling drained? A short nap can reset your mind and boost your mood. Try a quiet space with an eye mask or earplugs to help you relax and recharge.

TAKE A BUBBLE BATH

Ease tension and soothe sore muscles with a warm bath. Add bubbles, essential oils or Epsom salts for extra comfort and calm.

ENJOY THE GREAT OUTDOORS

Fresh air does wonders. Go for a walk, sit on your patio or try meditation. Just a little time outside can lift your mood and reconnect you with nature.

EAT YOUR VEGGIES

What you eat affects how you feel. Add more fruits and veggies to your plate to support your physical and mental well-being.

PICK UP A GOOD BOOK

Reading helps you slow down and be present. Whether you're listening to an audiobook, using an e-reader or reading a paperback, let your mind escape into a great story.

REDUCE YOUR SCREEN TIME

Give your mind a break. Set time limits on certain apps, turn off non-essential notifications and spend more time away from your screen.

INCORPORATE MOVEMENT

Whether it's a walk, stretch or full workout, moving your body helps reduce anxiety and improve brain function. Find what feels good and make it a habit.

TIDY UP YOUR SPACE

A clean, comfortable environment can help ease stress. Reorganizing your desk, folding a load of laundry or tackling that closet all add up.



You deserve to feel your best.

Making time for self-care can help you manage stress and improve your overall well-being, one small step at a time. Learn more at sk.bluecross.ca/healthysk.