



# Take a moment right now to meditate.

Meditating for 5 to 25 seconds a day can decrease stress and anxiety.<sup>1</sup>

## Small changes. Big impact.

### Managing the stress factor.

Even before the pandemic, stress was something affecting many of us. Regardless of its cause — work, finances, family — the burden starts to weigh heavily on our mental health. Easing that pressure, however, might be easier than you think. By practicing healthy micro-habits — small, achievable things we can do daily — we can help reduce stress and anxiety in our everyday lives.

#### FACTS:

Nearly three-quarters of adults experience at least one symptom of stress.<sup>2</sup>

### Small changes. Big impact.

#### Stress comes in many sizes.

Big issues like work or family aren't the only causes of stress. Any demand on your mind or body is considered a stressor.<sup>3</sup> Addressing issues of all sizes is key to reducing stress.

#### Think little.

Habits don't have to be big to be effective. Achievable micro-habits — reading a page from a book or meditating for 25 seconds — can have big results.<sup>4</sup>

### It's time to tackle everyday stress.

By acknowledging the factors that cause stress and creating healthy micro-habits to combat it, we can make big improvements to our mental health.

Let's change  
how we manage  
our mental health.

Get more tips and find support  
at [bcbsm.com/mentalhealth](https://bcbsm.com/mentalhealth).

<sup>1</sup> Amster and Eagle, "Stuck at home? How to Find Awe and Beauty Indoors," Greater Good Magazine, April 15, 2020.

<sup>2</sup> Centers for Disease Control and Prevention, "Workplace Health Promotion: Mental Health Disorders and Stress Affect Working-Age Americans," 2019.

<sup>3</sup> Mayo Clinic Staff, "Healthy Lifestyle: Stress Management," Mayo Clinic, accessed October 14, 2020.

<sup>4</sup> "Focus on 'Microhabits' to Change Your Behavior," Harvard Business Review, 2020.