

Small changes. Big impact.

**Achievable
micro-habits
can alleviate
everyday stress.**

**Let's change
how we manage
our mental health.**

**Get more tips and find support
at bcbsm.com/mentalhealth.**



- Meditate for 25 seconds.
- Stretch.
- Take a walk around the block.
- Read one page from a book.
- Put down your phone.
- Do one random act of kindness.

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