

April is Stress Awareness Month

For many of us, the last few years have blurred the lines between work and home. Chronic stress and burnout are on the rise, but with simple strategies for structuring breaks, building boundaries and winding down your workday, you can reduce stress and reclaim your inner calm.

Schedule Breaks

Keep daily stress in check with planned pauses in your workday for standing, stretching, and breathing. These simple activities have an immediate calming effect for the mind and body. Try deep breathing for just one minute and end with an easy stretch. Repeat as needed to refresh and refocus.



Create Work-Life Harmony

It's easy to get caught up in today's culture of busyness and anchor our self-worth around a packed to-do list. This is unsustainable and can lead to burnout. Be honest with yourself and your manager about your workload. Set a reasonable schedule and let that be your guide. Commit to your boundaries and don't be afraid to say no to unnecessary meetings.

Unplug To Recharge

Just as your phone needs to recharge after constant use, so does your brain. It's important to mentally shut off from work mode and let your mind unwind. A quick meditation can help you close out of each day to shift your focus to restorative activities like connecting with others or getting a good night's rest.

Additional Resources

- [Cigna](#) members
- [Kaiser Permanente](#) members
- [Centers for Disease Control and Prevention](#)
- [Free webinars](#) sponsored by Kaiser Permanente – open to all employees
- [Free webinar](#) sponsored by Cigna – open to all employees

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