

April 2024
STRESS AWARENESS MONTH



Secret ANGELS

A bespoke quality service to a diverse community

For Stress Awareness Month 2024 we, at SecretANGELS and MMAS Foundation, want to emphasise how even the smallest steps taken each day towards self-care and stress reduction can raise significant improvements in mental health over time.

We encourage you to focus on making manageable adjustments to your daily routine. While the impact of small actions on their own may seem little, the cumulative effects of these habits can end up being profound!



Small Actions To Make Big Changes

CONNECT WITH SOMEONE
Are they okay? · Are you okay? · Check in with your support network · Connect with someone new · A sense of belonging and community can help reduce feelings of loneliness.

PRIORITISE SLEEP
Take small steps to improve your bedtime routine. Wind down before bed by minimizing your screen time · Make your bedroom a 'tech-free' zone · Create a clean and restful sleep environment · Jot down what's on your mind and set it aside for tomorrow · Avoid caffeine after 4pm.

MOVE IN YOUR OWN WAY
Get moving the way you want to. This could be walking, running, yoga, stretches, doing some gardening. Move in a way you'll enjoy, get those endorphins flowing and let off some steam.

SPEND TIME IN NATURE
Take some time out of your day to step outside, get some fresh air and spend time in nature. This could be eating your lunch outside, or taking a short work after work. Simulate your senses and look at the beauty of nature

BREATHE DEEP
Your breath is a powerful tool to help with stress reduction and relaxation. Short, shallow breaths can heighten anxiety so being conscious and taking time to breathe deep helps us shift into a relaxation mode.

PRACTICE MINDFULNESS
Practicing mindfulness allows you to focus on the here and now. It aids self-awareness, helps you practice emotional regulation and control. You can actively practice during a designated mindfulness session or be mindful of your all five of your sense whilst participating in an activity, such as a nature walk.

#LittleByLittle