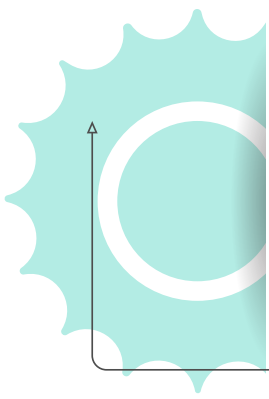


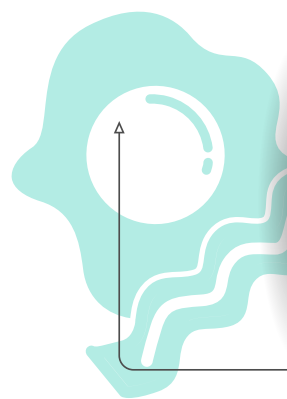
# Maintaining a Routine Can Help You *Stress Less*

Life's daily challenges can be stressful but having a regular schedule can help you build resilience. Keep these tips in mind to measure out your day.

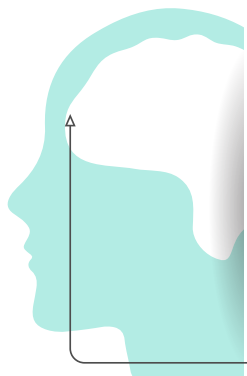


## Start the day with sunshine

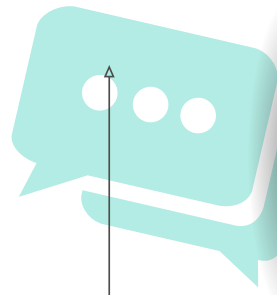
— take a brief walk or jog outside  
to clear your head.



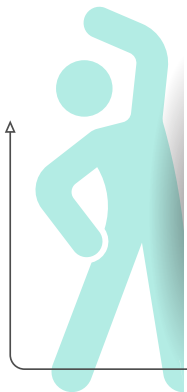
## Eat a healthy breakfast



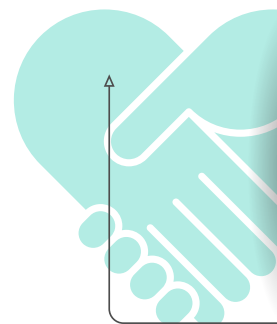
## Take mindful moments to check in on yourself



## Talk to friends or loved ones at lunch

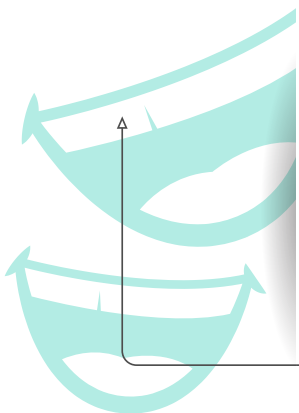


## Stretch in the afternoon



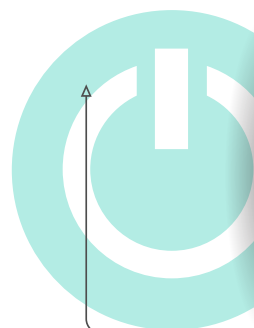
## Get involved

— find ways to give either  
personally or financially to your  
community.



## Have a laugh

— look for entertainment  
before bed that makes you  
feel happy



## Shut down before bed

— take time to wind down and  
turn off screens

Visit [mycare.sharecare.com](https://mycare.sharecare.com) to learn more stress relieving tips.

