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## Self-Care | Made Simple – Stress Less

Self-care does not have to be complicated, but it should include actions that promote your physical, mental, and emotional health. “Self-Care | Made Simple” offers practical tips - easy, actionable steps you can take to enhance your wellbeing. This month’s focus is to **“Stress Less”** with this tip: **Change is a normal part of life and learning how to navigate it can help reduce stress and protect your wellbeing.**

Change—whether expected or unexpected—can affect how we think, feel, and function day to day. New routines, shifting priorities, or uncertainty about what’s next can increase stress and leave us feeling overwhelmed. While we can’t always control change, we can control how we respond to it.

Managing stress during times of change starts with acknowledging what you’re experiencing. Feeling unsettled, frustrated, or anxious is a natural response. Giving yourself permission to feel those emotions—without judgment—can make change feel more manageable and less draining.

### Simple Ways to Stress Less During Change

- **Focus on what you can control:** Small, consistent actions—like sticking to a routine or setting daily priorities—can create a sense of stability.
- **Take things one step at a time:** Big changes are easier to handle when broken into smaller, more manageable pieces.
- **Practice flexibility:** Let go of the need for everything to feel “settled” right away. Adjusting takes time.
- **Pause and breathe:** Slow, intentional breathing can calm your nervous system and help reset your stress response.
- **Stay connected:** Talking through change with a trusted colleague, friend, or family member can provide perspective and support.

Change can be challenging, but it can also be an opportunity to build resilience. By focusing on simple, supportive strategies, you can reduce stress and feel more grounded—even when things feel uncertain.