

Make the Healthy Choice Easy

Right Outlook – Reduce Stress or Find Time to Downshift

Why It Matters

Taking time to relax helps lower stress, improves focus, and supports your mental and physical well-being.

Quick Start Idea

Take five slow, deep breaths while relaxing your shoulders.

What Success Looks Like

Big Goal: Practice 10 minutes of relaxation or stress relief daily.

Easy Choice: Start with two to three minutes of deep breathing.

Make It Easy



Use What You Have

- Find a quiet space—no special equipment needed.
- Use calming music or a guided breathing app.



Break It Down

- **Week 1:** Start with three minutes of relaxation daily.
- **Week 2:** Increase to five minutes of deep breathing or quiet time.
- **Week 3:** Add an afternoon or evening mindfulness break.



Attach to Your Routine

- Practice deep breathing before bed.
- Take a two-minute mindfulness break during lunch.



Ask for Help

- Ask a family member to join you for a relaxing walk or meditation.
- Join a mindfulness group or virtual relaxation class.

Daily Challenges

Today: Take three deep breaths before your next meal.

Tomorrow: Spend five minutes sitting quietly and focusing on your breathing.

Overcome Barriers

“I’m too busy.”

Take short breaks during your existing routine (e.g., after a meeting or before lunch).

“I don’t know how to relax.”

Try simple breathing exercises or listen to calming music.

“I get restless.”

Start with just one to two minutes and slowly increase your time.

Set Your Goal, and Take Action

- **My Action:**
- **How I will measure it:**
- **Why it matters to me:**
- **Who will support me:**

Stay Motivated



Small Win

After three days of downshift practice, treat yourself to a quiet walk or favorite hobby.



Big Win

After three weeks, reward yourself with a self-care activity like a warm bath, journaling, or a scenic outing.