6 Simple Ways to Dial Down End of Year Stress:
Tips for Managers

The holidays and end of year are busy and overwhelming—and this year there are added distractions. We encourage you and your teams to carve out a few moments daily to pause, clear your heads, and create your own joyful moments. Here are six things from meQuilibrium to try when preparing for your next team meeting, nearing a deadline, or before you jump into a new project.

1. Sit in a quiet place with your eyes closed and inhale ten times (count to five on each inhale), then exhale ten times (count to five on the exhale).
2. Catch yourself when you fall into a tight, stressed posture and take a moment to stretch.
3. Give your full attention to seemingly simple tasks like washing your hands and opening doors.
4. Take some time each day to clear your head with a morning stroll, a brief escape during lunch, or an evening walk.
5. Challenge yourself to come up with at least one positive story about your day to share with your partner, friends, family or teammates.
6. Try the short “Settle Meditation” on the meQ app.

If you find these tips helpful, feel free to share with your team. Many more resources like this are available through meQuilibrium. Enroll today to uncover your personal stress profile and target your unique triggers with a tailored program to help you boost self-confidence, be more present, sleep better, and work well under pressure.