

WORK SAFE. HOME SAFE.



Unlock a Calmer You

We all get stressed sometimes, both in our personal and professional lives. Yet learning to manage stress in a healthy way has many benefits. Not only will you feel better—it can improve focus, safety and your overall well-being.

Here's How You Can Stress Less:

- **Take care of yourself:** Maintain a consistent sleep schedule with at least 7 hours of sleep and turn off screens at least 30 minutes before bed. Add fruits and vegetables to your meals and move more—even a short walk helps improve well-being.
- **Break down big problems:** Focus on manageable tasks by breaking down big challenges. When you feel stuck, take the next smallest step to keep moving forward.
- **Do something you enjoy:** Recharge by disconnecting from work and doing activities you love. A walk outside, lunch with a friend, or family game night are great ways to relax and relieve stress.
- **Practice mindfulness or breathing techniques:** Pause, breathe, and notice what is around you. Meditation and mindfulness can reduce stress and anxiety, and you can find free resources online to help you get started.
- **Reach out:** If stress feels overwhelming, seek help from a doctor or mental health professional. For immediate help, call or text 988 anytime to connect with The Suicide and Crisis Lifeline.

Check out the [attached flyers](#) for a great visual reminder for managing your mental health.

Access Additional Resources and Information

- Visit [GetHomeSafeND.com](https://gethomesafenorthdakota.com) for videos of companies embracing the safety movement and more posters with safety tips and reminders.
- Follow Get Home Safe North Dakota on [LinkedIn](#), [Facebook](#), and [YouTube](#) for more tips and resources.

[Learn more about Get Home Safe North Dakota.](#)