

A blue sticky note is placed on a light-colored wooden desk. The words 'Small Steps Everyday' are written on the note in a dark brown, cursive-style marker. A black marker is visible at the bottom of the note, pointing towards the text. In the background, there is a light blue notebook and another blue sticky note.

LITTLE BY LITTLE - A LITTLE BECOMES A LOT

Welcome if you are joining us to support small steps this April for Stress Awareness Month.

The Stress Management Society set a wonderful theme this year and we are here to help you embrace it using the tools of knowledge, Yoga, Breath and Mindfulness.

Everything from practical application with yoga and mindfulness practices over on our YouTube Channel, to conversations, factsheets and challenges!

Check back on the website and across social media to see what is coming each week.

#LittleByLittle



Having just finished a 12 week in-person program, one thing we know is just how difficult it can be to carve out space and time for yourself. Space to go and be supported for an hour is amazing and is an incredible thing to be able to provide.

Sometimes that hour isn't there and we skip whatever time was available because of it.

Over time skipping it can have a detrimental impact on our ability to cope with stress. This month the focus is little by little, because a little becomes a lot.

Just like the negative effect of stress where it accumulates and builds, the same can be said for that one tool or takeaway that you might use for 5 minutes. It accumulates and builds until it becomes a habit and you find yourself making 10 minutes, then 15.

So how about starting something new with us today...

#Challenge



Challenge yourself with one thing from the list and create that first small step.

Breath:

Try this simple but effective breath work exercise. Breath in through your nose and then extend the exhale and release all your breath. Counting can be effective, breath in for 3 and out for 6. Try the video..



Mobility

Squat dips from a forward fold. Try 5-8 every day. You control the depth of the squat. Watch this short video for guidance.



Mindfulness

Grounding Exercise -
5 things you can see
4 things you can feel
3 things you can hear
2 things you can smell
1 thing you can taste.

