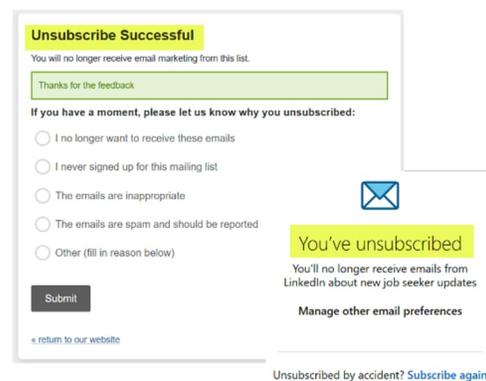


3 SIMPLE WAYS TO LOWER DAILY STRESS — STARTING WITH YOUR INBOX

I hear you, I've been there, just like you. I, too, have let little things pile up in my life, and eventually they slow my progress and create undue stress. That's why today I would like to share 3 easy, practical things I do to help reduce stress in my life — *no gym membership or expensive app required.*

1. Declutter Your Digital Life: Start with Your Inbox

Believe it or not, one of the simplest ways to reduce daily stress is to take control of your email. Every time you check your inbox and see dozens — or even hundreds — of unread messages, your brain registers another “to-do.” That mental clutter adds up fast.



The screenshot shows a confirmation page for unsubscribing from a mailing list. At the top, a yellow box says "Unsubscribe Successful". Below that, it says "You will no longer receive email marketing from this list." and "Thanks for the feedback". A section titled "If you have a moment, please let us know why you unsubscribed:" contains five radio button options: "I no longer want to receive these emails", "I never signed up for this mailing list", "The emails are inappropriate", "The emails are spam and should be reported", and "Other (fill in reason below)". There is a "Submit" button and a link to "return to our website". On the right, a yellow box says "You've unsubscribed" and "You'll no longer receive emails from LinkedIn about new job seeker updates". Below that is a link to "Manage other email preferences". At the bottom right, it says "Unsubscribed by accident? [Subscribe again](#)".

Unsubscribe from what no longer serves you.

Take no more than five minutes a day this week to unsubscribe to newsletters, promos, or updates you no longer read. Each click frees up mental space and brings more focus to what truly matters. Less inbox clutter = more clarity and calm.

2. Start Your Day with Purpose, Not Panic

Upon waking up, take a few minutes to allow your brain to warm up. Let the mind idle and acknowledge with gratitude that today will be an exciting and interesting day full of opportunities.

Pro Tip: Come up with your mantra. You can say something like:
"Today, I will stay calm and handle things one step at a time."

Starting your day with intentionality can dramatically shift your mindset, helping you respond rather than react when life gets hectic.

3. Leave your cellphone alone upon waking up.

Rewrite the habit of grabbing your phone as soon as you wake up to check for messages, emails, news, or social media.

This goes without saying because we are all adults here, but you do not need your phone in the bathroom. Most of us will save time early on in our day if we heed this advice



Give yourself a full 20 minutes minimum without touching your phone; trust me, things can wait.

If it were an emergency, someone would call you.

Final Thought: Simplify to Thrive

Stress doesn't have to control your day. Often, it's the small adjustments – like clearing out unnecessary emails or taking a mindful breath – that create the biggest impact.

By simplifying your digital and mental environment, you give yourself room to focus, breathe, and feel more in control.

We invite you to try one (or all) of these steps this week. Your mind and body will thank you.

Want more tips on managing stress or support on your wellness journey? Explore our [Resources](#) or join our weekly newsletter (yes, *one* helpful email, not ten!).