



# Don't Sweat the Small Stuff - Part 2

Last month we identified some strategies designed to help you not “sweat the small stuff”. We looked at how you can let go and move beyond little annoyances, inconveniences, or unimportant things that don’t go your way.

Another strategy that can help you put things into perspective when feeling stressed is by analyzing their level of importance versus your ability to control or change the circumstances. When you think about the things that are stressing you, where would they fall within this energy grid?

Finally, a quick and easy technique to calm yourself when stressed is to practice relaxation tactics such as deep breathing exercises. In almost any stressful situation, several deep breaths will slow down your stress response by helping you release tension and relax.

Here are instructions for Box Breathing:

1. Breathe in through your nose as you slowly count to four in your head.
2. Hold your breath for a count of four.
3. Exhale for another count of four.
4. Hold your breath again for a count of four.
5. Repeat for three to four rounds.

The time and energy that you spend worrying about minor things is usually disproportionate to their importance. Instead, shift your mindset to focus on the positives and the overall big picture. You’ll be happier and healthier for it in the long run.

**If you’d like assistance with “letting go of the small stuff”, please reach out to the Aurora EAP at 800.236.3231 or [eap@aurora.org](mailto:eap@aurora.org).**

Resources:

[What Does the Saying "Don't Sweat the Small Stuff" Mean? \(verywellmind.com\)](http://www.verywellmind.com/What-Does-the-Saying-Don-t-Sweat-the-Small-Stuff-Mean-2146161.html)  
<https://www.cnn.com/2014/01/13/living/sweat-small-stuff-real-simple/index.html>

