

# April is Stress Awareness Month

Live breaks to explore!

**Move**

## SHADOW BOXING

Bust stress with 7 minutes of high-energy upper body and core exercises.

## QUICK PILATES

Take 7 minutes to build foundational muscle strength in this short pilates session.

## BREATH-WORK FOR STRESS RELIEF

Breath-work to cope with feelings of stress in a 7-minute session.

## AUDIO ONLY SESSIONS

Take screen break with meditation, visualization and breath-work sessions.

**Breathe**

**Stretch**

## EVENING STRETCH

Take 7 minutes to release tension with simple and effective stretches.

## HAPPY HIPS

Loosen tight hip muscles and help improve overall mobility in this popular break.

## BUILD NOT JUST BUDGET

A 15-minute guide to financial well-being beyond budgeting.

Tue April 14 @ 12:05pm PT / 3:05pm ET.

## SPRING CLEAN YOUR LIFE

15 minutes about realistic and practical approaches to leading a life closely aligned with your values.

Tue April 21 @ 12:05pm PT / 3:05pm ET

**Learn**

**Eat Well**

## STRESS-BUSTING SMOOTHIES

Learn how to make delicious smoothies that help create calm.

15 minutes, Thu Apr 23 @ 1:05pm PT / 4:05pm ET

## MOOD & FOOD

How does diet impact mood?

15 minutes, Mon Apr 27 @ 9:05am PT / 12:05pm ET

## SOMATIC STRESS RELEASE

Release stress stored in the body with simple movements.

7 minutes, watch anytime.

## NERVOUS SYSTEM REGULATION

A short practical guide to self-regulate to reach a calmer state.

7 minutes, watch anytime,

**On-Demand**

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