



A CCCHAPS RESOURCE

Stress, Sleep, and Workday Resilience.

A practical workplace resilience toolkit.

Work doesn't always slow down when you need it to. This toolkit offers small, evidence-informed practices that work in the middle of a real day — between meetings, during a hard week, on the drive home. Nothing dramatic. Nothing that requires extra time. Just small moves that compound.

ON-SITE

Across California

VIRTUAL

Nationwide

HYBRID

Built around your team

Serving organizations across California.
Nationwide virtual support available.



Six small practices that quietly compound.

Practical, executive-friendly notes.

■ **Anchor the morning before the inbox does.**

Five minutes of a chosen routine — coffee, a walk, a few breaths — before opening email or Slack. The first input of the day shapes the cadence of the rest of it.

■ **Build a ninety-second reset between meetings.**

Stand up. Look out a window. Drink water. Slow one full breath. The brain needs a short pause to switch contexts well; without it, fatigue compounds invisibly.

■ **Eat. Actually eat.**

Skipped meals are one of the most common predictors of afternoon irritability and decision fatigue. The fix is rarely more discipline; it's a 10-minute lunch you protect on the calendar.

■ **Move once during the workday.**

A 10-minute walk between deep-work blocks resets focus more reliably than a longer session at day's end. You're not adding exercise to your life; you're adding margin to your day.

■ **Defend a wind-down that isn't a screen.**

Sleep quality declines when the last hour of the day is bright screens. Read a page. Stretch. Sit. Anything that signals to the body that work is over and rest has begun.

■ **Talk to someone — once a week, at minimum.**

Most stress quietly resolves in conversation; carried alone, it amplifies. A friend, a partner, a chaplain, a peer. Once a week is the floor, not the ceiling.

Resilience isn't a personality trait. It's a small set of practices you protect — even when, especially when, the day is loud.

BEGIN A CONVERSATION

Schedule a confidential consultation.

A 20-minute exploratory call. Confidential. Never a pitch.

ccchaps.com/request-consultation