

TOP TIPS FOR MANAGING STRESS

Take control and stay happier and healthier during difficult times

1 Look at a photo that makes you happy

Your family, a friend, a favourite place - whatever lifts your spirits!



2 Listen to a song or music that you love

Music is simply good for the soul, so take time out to enjoy it.

3 2-minute Brain Dump

Get all your thoughts onto paper, to make it easier to prioritise and take control.

4 Take a break from your screen

If you can, go for a walk outside. Or have a stretch, a drink or maybe even meditate.



5 Watch something that makes you laugh

Laughter is THE best medicine. Take time out and watch your favourite comedy or stand-up!



6 Give yourself a pep talk

Use affirming statements like I am happy and whole, I am sitting in this chair and I am safe



7 Pause and take a deep breath

This tells your body that you are safe and it brings you out of fight or flight mode

8 Have a solo Dance Party!

Dance (or shimmy) for as long as you like then stop, stand still and focus on your breath



9 Give yourself a pep talk

Use affirming statements like I am happy and whole, I am sitting in this chair and I am safe



10 Pause and take a deep breath

This tells your body that you are safe and it brings you out of fight or flight mode

11 Do one task you can accomplish immediately

Stress is caused by things we can't control, so focus on one small thing that you CAN control



12 Practice an attitude of gratitude

Being grateful helps you feel more content and improves physical health and sleep.

