

MANAGING STRESS

10 TOP TIPS

Stress can be overwhelming and have a drastic impact on your physical health, your mental health, and your ability to manage your everyday life. Below you'll find 10 top tips to managing stress which, when used together, can make a significant difference to your overall well-being. Though if you only find the space for one, it'll still be worth it!

Let's not waste time! Here's your checklist:

1: IDENTIFY YOUR STRESSORS

Make a list of the things that cause you stress. This will help you to recognize patterns and make changes to avoid or manage these triggers.

2: PRACTICE RELAXATION TECHNIQUES

Try deep breathing, yoga, mindfulness activities, or meditation to help calm your mind and reduce tension in your body.

3: EXERCISE REGULARLY

Physical activity helps to reduce stress hormones and release endorphins that boost your mood and energy levels.

4: GET ENOUGH SLEEP

Lack of sleep can contribute to stress and anxiety. Aim for at least 7-8 hours of sleep each night to feel rested and refreshed.

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5: EAT A HEALTHY DIET

Eating a balanced diet with plenty of fruits, vegetables, and whole grains can help to support your physical and mental health.

6: SET REALISTIC GOALS

Break down larger tasks into smaller, manageable goals to avoid feeling overwhelmed.

7: PRIORITISE SELF-CARE

Make time for activities that bring you joy and relaxation, such as reading, taking a bath, or spending time in nature.

8: CONNECT WITH OTHERS

Spend time with loved ones, join a support group, or seek professional help to talk about your stress and find solutions.

9: MANAGE YOUR TIME EFFECTIVELY

Use a planner or calendar to schedule your time and avoid over-committing yourself.

10: PRACTICE GRATITUDE

Focus on the positive aspects of your life and practice gratitude to help shift your perspective and reduce stress. Sounds simplistic but it can make a huge difference to how we feel day to day.

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What you'll need / resources for the above that are quick and easy to access:

1. A pad and pen and a little conscious awareness
2. A few minutes of your time and an app you can download such as Calm or Headspace
3. A little more commitment to some time for you
4. A restful environment and a good routine. If you're struggling to sleep, you may find this [insomnia resource](#) useful
5. Attention to the foods that support you to feel well in yourself, it doesn't always have to be expensive
6. An ability to give yourself a break and take things one step at a time. If you need some help breaking down those tasks, this [Goal Setting resource](#) may be of help
7. A desire to do something for you. Something that brings you peace, even for 10 minutes, will give you the opportunity to re-energise.
8. There are a wealth of opportunities to connect with people online these days. You'll find Facebook groups and 'Meet up' groups across the world that are free, inclusive, and supportive that offer activities that fit for you at www.meetup.com. You can also talk to one of our therapists if you need some one-to-one support. [Meet the Team](#).
9. Again there are lots of free apps you can use to schedule your time. Take a little time to browse the options and find one that fits for you, there are very basic ones right through to more detailed ones.
10. A little time with your thoughts is all you need.

If you want to learn more about Stress Awareness month and how stress impacts health and well-being, you can learn more [here](#).