



5 top tips on

MANAGING STRESS



Manage your time better. If you are feeling overwhelmed, make a list of all the things you need to do and list them in order of priority. This will help you to break down your to-do list into smaller more manageable tasks that you'll feel more able and positive about completing.

Keep a 'stress diary'. Note down when, where and how you felt physically and emotionally during a stressful episode, giving each episode a rating of how stressful you found it (scale of 1-10). Use this to understand what triggers your stress to enable you to avoid such stressful situations and develop better coping mechanisms for the future.





Practice a balanced lifestyle: Make sure you spend equal time working, socialising, carrying out your day-to-day responsibilities and relaxing. Not having this balance will just add to your stress.



Try out some relaxation techniques such as mindfulness, breathing exercises, meditation or yoga. There are even apps you can download to help. Find something that works for you.



Get physical! Exercise can help you feel calmer, more relaxed and also help you sleep better which is important to maintain a healthy body and mind.

