



# TOP TIPS FOR MANAGING STRESS

Take control and stay happier and healthier during difficult times



## Look at a photo that makes you happy

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



## Listen to a song or music that you love

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



## 2-minute Brain Dump

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




## Take a break from your screen

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




## Watch something that makes you laugh

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



## Pause and take a deep breath

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




## Have a solo Dance Party!

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




## Give yourself a pep talk

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



## 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



## Practice an attitude of gratitude

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