

# 10 tips for managing stress



Stress can affect us all – whether it’s an event that’s affected us or we’re feeling under too much pressure. These tips can help.

- 1 Exercise.** Go for a walk; it will release natural feel-good endorphins in your brain.
- 2 Reduce smoking and alcohol.** Try and cut right back as they actually make problems worse.
- 3 Eat well.** Eat a healthy diet, including fruit and vegetables, and drink enough water.
- 4 Prioritise sleep.** Cut down on caffeine and screen time.
- 5 Practise mindfulness.** When you wake up focus on your breathing for a few minutes. Notice how you feel.
- 6 Chill out.** Do things that you enjoy and make you feel relaxed.
- 7 Be your own cheerleader.** Set realistic goals and reward your achievements.
- 8 Communicate.** Know when to say no to things, and don’t take on too much.
- 9 Take a break.** A change of scenery can help you to relax and gain perspective.
- 10 Seek support.** Friends and family can help, or you could join a club, take a course or volunteer.



If you're worried about the effects of stress, don't be afraid to ask for help. Speak to someone you trust, or make an appointment to see your GP.

