



# QUICK TIPS ON HOW TO MANAGE STRESS

1

Identify the source/s of your stress.

2

Recognise how you deal with stress and ask yourself if how you deal with it is unhealthy i.e smoking, drinking, withdrawing or lashing out.

3

Learn how to manage your stress by using some of the tips below.

- Avoid unnecessary stress
- Alter the situation if able
- Adapt to the stressor
- Accept the situation if you can't change it
- Make time for fun and relaxation

4

Live a Healthier Life

- Exercise regularly
- Eat Healthy
- Reduce caffeine & sugar
- Avoid alcohol and cigarettes
- Get enough Sleep



## Healthy Ways to Relax and Recharge

- Walk
- Call a friend
- Write in a journal
- Play with a pet
- Work in the garden
- Get a massage

- Read a book
- Listen to music
- Watch a movie
- Meditate
- Tai Chi