



5 Steps to Reducing Stress

STEP 1. Identify your unhelpful coping strategies

- Social withdrawal and isolation
- Mindlessly watching TV or wasting time on Facebook
 - Over-sleeping
- Over-eating (especially sugary and fast food)
 - Drinking and/or smoking

STEP 2. Get Active

- Walk to the shop or work instead of taking the car (or get off the bus a stop early)
 - Dance to your favourite music
 - Walk your dog, or volunteer to walk someone else's
 - Take the stairs instead of the lift
- Find an exercise buddy and do something together (Swimming, classes, running etc.)

STEP 3. Connect with others

- Get to know your colleagues better, ask them to go to lunch
 - Plan to meet a friend for coffee at least once a week
 - Call, text, or email a friend to catch up
 - Sign up for an evening class or join a local club
- Volunteer – not only are you meeting others but doing a good deed too!

STEP 4. Stay positive

- When you catch yourself thinking negative thoughts, change them into positive ones.
- Set aside “worry time”, specific periods to think about your worries, instead of all day, and then put them aside.
 - Start a gratitude journal.
 - Avoid perfectionism. Set realistic and practical goals.
- Remember, all states are temporary, and things will get better

STEP 5. Create a “Stress Relief” Toolkit

- Meditate.
- Walk outdoors when you can.
- Book yourself an alternative treatment such as a Massage/Reflexology or Reiki session
 - Watch a comedy.
- Take a hot bath using your favourite relaxing essential oils.
 - Read a good book.
 - Try some simple yoga positions.
 - Practice deep breathing techniques.