

Stress Busters

Be Active

Exercise will help to reduce stress and give you the feel good factor

Take Control

There is a solution to any problem – think positively. Taking control is empowering

Connect with People

The support of friends and family will help you see things in a different way. Laughter is an excellent stress reliever

Me Time

Take time for socialising, relaxation and exercise

Challenge yourself

Set yourself achievements and realistic goals

Avoid Unhealthy Habits

Eat a well balanced diet, reduce time on social media and have at least 8 hours sleep

Work smarter not harder

Prioritise your workload

Be Positive

Look for the positives in life – by writing down 3 things that went well in your day

Accept things you can't change

Try to concentrate on the things you can change