

Stress is an everyday fact of life; it isn't something you can avoid! Stress is not necessarily a negative experience but rather any change that you must adjust to. How **YOU** decide to adjust is what results in a positive or negative experience!



TIPS ON STRESS REDUCTION

- **Sleep;** make sure you get at least 7 hours a night.
- **Become a planner;** plan your week, make lunch the night before, get up 15 minutes earlier to deal with morning mishaps, schedule in exercise time.
- **Don't skip on your meals;** without the extra energy you'll feel very tired and little stressors will appear 10 times worse!
- **Spend time with a happy, carefree friend or family member;** happiness is contagious and it will rub off on you.
- **Don't procrastinate;** finish little tasks and jobs as and when they pop up
- **Give compliments often and smile freely;** you'll be amazed at how this will change the mood of others around you (which will in turn change your mood)
- **It is ok to get help;** if you are feeling that things are getting too much. See your GP or find out if there are local support groups in your area that you could get in touch with.



- **Relax;** find a quiet corner in your house, read a book, paint or go for a relaxing walk. Do something just for you a few times a week. It is ok to be a little selfish once in a while!