

***STRESS CAN AFFECT HOW YOU FEEL EMOTIONALLY,
MENTALLY, PHYSICALLY, AND ALSO HOW YOU BEHAVE***

10 SELF-HELP STRESS BUSTERS

- 1. Be active:** Exercise won't make your stress disappear, but it will reduce some of the emotional intensity, clear your thoughts and let you deal with your problems more calmly, and one at a time.
- 2. Take control:** There's a solution to any problem. If you think, 'I can't do anything about my problem', your stress will get worse. A feeling of loss of control is one of the main causes of stress and lack of wellbeing. The act of taking control is empowering, and is a crucial part of finding a solution that works for you.
- 3. Connect:** A support network of colleagues, friends and family who will listen to your feelings can ease your troubles and help you see things in a different way.
- 4. Have some 'me time':** We all need to take some time for socialising, relaxation or exercise, or just simply some 'time out' to unwind by yourself where possible.
- 5. Challenge yourself:** Set yourself new goals and challenges, such as learning a new language or a new exercise goal. By continuing to learn, you become more emotionally resilient as a person, it can be rewarding and give you fresh energy to help you cope.
- 6. Avoid unhealthy habits:** Don't rely on alcohol, smoking or caffeine as your ways of coping. In the long term, these crutches won't solve your problems, they'll just create new ones. Try to develop a regular healthy sleeping pattern. Detox from your smartphone and technology at regular intervals.

7. Volunteer: Helping others who are often in situations worse than yours will help you put your problems into perspective. If you don't have time to volunteer, try to do someone a small favour every day. It can be something as small as asking someone how they are feeling, or having a conversation over a cup of tea.

8. Work smarter: Working smarter means prioritising your work and concentrating on the tasks that'll make a real difference. Tackle the most important tasks first. Accept that your inbox may always be full. Don't expect it to be empty at the end of every day. Create healthy boundaries between your work and home life.

9. Be positive: Look for the positives in life. Try writing down three things that went well, or for which you are grateful, at the end of each day.

10. Accept what you can't change: Changing a difficult situation isn't always possible. Try to concentrate on the things you do have control over.

careuk