

Managing stress

Stress is the body's reaction to a change that requires a physical, mental or emotional adjustment or response

- Learn breathing and relaxation techniques and practice them on a daily basis
- Take a regular break such as walking away from your desk for 10 minutes or getting some fresh air for 10 minutes
- Get better organised by making a daily list of tasks that you know you can achieve – be realistic
- Make another list of tasks that may be more challenging to achieve and work out how you could achieve them
- Sort out your worries. Make a list of things that are worrying you and try and tackle them one by one
- Change what you can and do your best to accept what you can't change
- Learn to say no. You can't please everyone and remember to look after yourself
- Improve your overall lifestyle by eating regular nutritionally balanced meals and take daily exercise
- Adopt a healthy work life balance
- Keep a positive diary and list 5 positive things about your day – it can be as little as being aware of the sun shining.
Note – no negative things can go in the diary!

**“Give your stress wings
and let it fly away”**

Terri Guillemets

Useful websites

www.moodjuice.scot.nhs.uk/stress.asp

www.bbc.co.uk/health/emotional_health/mental_health/coping_stress.shtml

www.mind.org.uk

www.bbc.co.uk/health/emotional.../coping_stress.shtml

 **Think Right!**
Wise up to Mental Well Being



The Think Right Project, run by Hunts Mind commenced in May 2011, and is funded by Comic Relief for 3 years. The overall aim of the project is to provide a range of mental health promotion and campaigning activities across Huntingdonshire to combat the stigma and discrimination related to mental health challenges.

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Hunts Mind



For better
mental health