

# Quick tips on stress



## Work out your stress triggers

Then you can think about what you could do to manage your triggers better.

## Sort out your worries

Divide them into those that you can do something about (now or soon) and those you can't.

## Get organised

Make a list of jobs – tackle one task at a time, and alternate dull tasks with interesting ones.

## Be active

Physical activity can help you feel calmer, stronger, and better able to deal with emotional stresses. Try something you enjoy, such as walking the dog, dancing, playing a sport or gardening.

## Take regular breaks

If you feel things are getting on top of you, try taking a short stroll or having a hot drink.

## List your achievements

Include everyday tasks like cooking or shopping. You can read the list whenever you need a boost.

## Get a different perspective

Discussing your problems with someone else can give you new ideas for dealing with your problems. Sharing your thoughts can also help you feel calmer and listened to.

## Take control

Get started by doing one task you feel you can manage – for example, making an appointment or doing the dishes.

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