

# ***Quick Tips on How to Manage Stress***

---

## **1. Identify the source/s of your stress**

## **2. Recognise how you deal with stress and ask yourself if how you deal with it is unhealthy i.e smoking, drinking, withdrawing or lashing out.**

## **3. Learn how to manage your stress by using some of the tips below**

- Avoid unnecessary stress
- Alter the situation if able
- Adapt to the stressor
- Accept the situation if you can't change it
- Make time for fun and relaxation

## **4. Live a Healthier Life**

- Exercise regularly
- Eat Healthy
- Reduce caffeine & sugar
- Avoid alcohol and cigarettes
- Get enough Sleep

### ***Healthy Ways to Relax and Recharge***

- *Walk*
- *Call a friend*
- *Write in a journal*
- *Play with a pet*
- *Work in the garden*
- *Get a massage*
- *Read a book*
- *Listen to music*
- *Watch a movie*
- *Meditate*
- *Tai Chi*