

# INTERNATIONAL STRESS AWARENESS WEEK

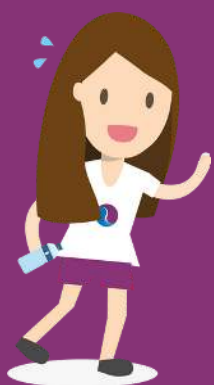
## THE STRESS MANAGEMENT SOCIETY

# HOW TO STRESS LESS



## LOOK AFTER YOUR SOCIAL WELLBEING

- Connect with people – check in with your support network; are they ok, are you ok? Pick up the phone and find out!
- Ask for help if you need it – it's OK not to be OK.
- Perform a random act of kindness – it's nice to be nice.



## MAKE TIME FOR SELF-CARE

- Learn a new breathing technique; box breathing, the 7/11, baby breath – find one that works for you and add it to your toolbox.
- Be kind to yourself, take time out for self-care and exercise – it's like the oxygen mask on the plane; put yours on first and you'll be in a better position to help others.

## EXPRESS GRATITUDE

- Write a gratitude letter. What are you grateful for? What did you take for granted and really appreciate? Even just writing down 3 positive experiences that have happened to you every day.
- Write down your strengths: what are some of the things people have said about you that have made you feel good, strong and elated?



## GET ENOUGH SLEEP

- Get your sleep hygiene sorted: have a bath, wind down, minimise screen time, talk about how you feel, eat good food regularly.
- Digital Detox – Could you make your bedroom a 'tech-free zone'? Make sure before bed to do something that doesn't involve a screen to allow you to disconnect from the 'always on' world we're currently living in.

## EAT HEALTHY

- Reduce your sugar consumption to avoid energy crashes.
- Stimulants like nicotine and caffeine should be avoided
- Keep hydrated. Drink plenty of water throughout the day, and avoid that vicious cycle; thirsty because you're stressed and stressed because you're thirsty.



## PRIORITISE AND ORGANISE

- Be strict with your boundaries; work is work and life is life – make sure to schedule time for doing things for yourself.
- Prioritise your most important tasks and projects earlier in the day.
- Delegate the things you do not have to do yourself.



Stress Management Society  
from distress to de-stress



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