

Top Tips

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.livinglifetothefull.co.uk

Mind in Cambridgeshire is a dynamic, countywide charity that supports local people in their recovery from mental health challenges; promotes wellbeing and campaigns on mental health related issues.

We believe that everyone who is affected by mental ill health should have ready access to the support they need to recover – free from stigma and discrimination.

Mind in Cambridgeshire would like to thank Comic Relief for their support in developing the Top Tips.



For more information contact:

www.mindincambs.org.uk,

St Neots – 01480 470480

Cambridge – 01223 311320