

10 PRACTICAL TIPS FOR DEALING WITH STRESS

 @BELIEVEPHQ

01 ASK FOR HELP



Speak to someone about your struggles (Doctor, GP, Mental health charity)

02 EXERCISE REGULARLY



Exercise is a great tool which can help to reduce anxiety, depression and stress

03 PROBLEM SOLVE



Challenge any negative thoughts that you experience by using effective problem solving techniques

04 PRACTICE BREATHING



Learn a range of different breathing techniques. Try deep breathing or progressive muscle relaxation

05 EAT PROPERLY



Manage your energy levels and make sure you are eating the right food and staying hydrated

06 SLEEP WELL



Aim for 7-8 hours sleep each night. Make sure you create a relaxing environment

07 STRESS LOG



Identify and write down the things that are making you stressed and learn how to manage them effectively

08 BE AWARE



Monitor and be aware of your stress levels. Understand how you react to stress

09 ORGANISE AND PLAN



Plan your time effectively. Set realistic goals and organise your time to make things easier

10 HAVE FUN



Go out and enjoy yourself. Spend some time where you can focus on yourself and have fun