What ideas can we try to help us reduce stress?

Action

Ways to process stress from the past

- Journalling
- Talking to friends or family
- Speaking to a counsellor or therapist

Ways to manage when life is making us feel stressed

- Reflecting on what is making us feel stressed
- Saying no to additional load
- Putting down things or sharing the load with someone else

Ways to reduce day-to-day stress

- Planning ahead and building a routine of things that help us manage stress
- Trying daily breathwork or yoga
- Getting outside - perhaps a walk, run or bike ride
- Spending time with an animal eg walking a dog
- Doing something creative like painting
- Playing or listening to music
- Having a relaxing bath

Ways to reduce stress in the moment

- Taking a short break from whatever we are doing – perhaps put the kettle on
- Doing some breathwork
- Writing down how we are feeling / journalling
- Reaching out to a friend
- Doing something active like a run or walk
- Soothing ourselves with a hand or foot massage

Reduce Stress