



Reduce Stress

How does reducing stress relate to the other pillars?

Relate

## If we reduce stress...

Reducing stress can help us switch off better at the end of the day and fall asleep more easily	<b>Sleep Better</b>	
Reducing stress can make prioritising time to move a bit easier, and trying new movement activities less daunting	<b>Move More</b>	
Reducing stress can make it easier to eat well, since stress responses in our body and brain can make us crave unhealthy food choices	<b>Eat Well</b>	
Reducing stress can allow time with others to feel more connected	<b>Deepen Connection</b>	
Reducing stress can lower the temptation to rely on unhelpful coping strategies	<b>Minimise Harm</b>	

## The other pillars can help us reduce stress by....

	<b>Sleep Better</b>	Sleeping better and feeling rested can make it easier to manage stress
	<b>Move More</b>	Moving more can reduce stress levels in the body and mind
	<b>Eat Well</b>	Eating well, especially eating less ultra-processed food, can reduce the levels of stress in our body
	<b>Deepen Connection</b>	Connecting and engaging with others, or being out in nature, can help us process worries and feel less stressed
	<b>Minimise Harm</b>	Minimising unhelpful coping strategies can lower stress responses in the body

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