

10 ways to help manage

stress

Stress can be a heavy burden. It's our reaction to the first sign of pressure. From time to time, many of us will experience feelings of pressure. Things like meeting a deadline, managing a heavy workload or going through a big life event such as moving house can all put pressure on us and trigger stress.

Even in the most difficult of circumstances, there are some effective ways for you to help deal with stress:

1 Pinpoint the cause

Does your behaviour change when you face certain tasks or challenges? Writing down your thoughts and feelings may be a useful way to help you understand what's causing your stress.



2 Tackle the burden

If you find yourself in a stressful situation such as having a heavy workload, don't suffer in silence. Face the problem head on and ask for support. Don't be afraid to speak up if someone's giving you too much work to cope with.

3 Lead a healthy lifestyle

Don't turn to unhelpful actions such as smoking or drinking alcohol as ways of coping with your stress. Instead, focus on developing healthy routines and fuelling your body with the right ingredients to help you perform at your best, such as staying hydrated, eating a balanced diet, getting a good night's sleep and making time for exercise.



4 Keep active

Exercise can be an ideal opportunity to explore a change of scenery, spend some time with your thoughts and clear your mind. If you're working from home, try going for a walk or a jog in your lunch breaks.

5 Manage your time effectively

Writing out a to-do list can help you to organise your thoughts and prioritise your tasks. Try to focus on one task at a time and assign your most challenging tasks to be completed during your most productive time of day.



6 Calm your mind

When you're feeling stressed and overwhelmed it can be difficult to relax and think straight. Take a moment to pause and slow things down, such as practicing calming breathing techniques or downloading a relaxation app.

7 Talk to others

When faced with a stressful situation, talking to friends, family or colleagues about it can allow you to share your worries and get things off your chest. Support services such as Samaritans are also available if you need someone to talk to.

Stress can have a significant impact on your health and wellbeing. Speak to your GP if you are struggling to cope with stress.

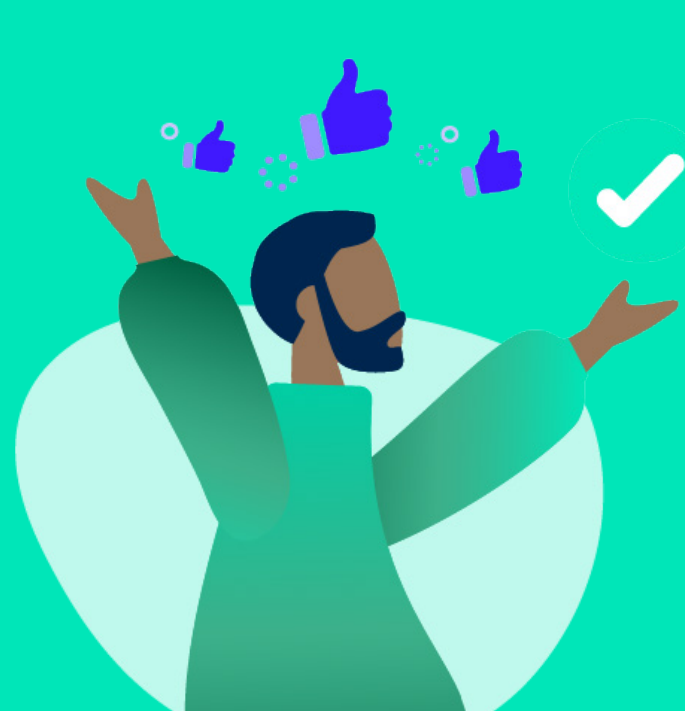


8 Make time for yourself

Busy circumstances like meeting a deadline or planning a house move can be stressful and take up a lot of your time and attention. This can lead to you spending less time doing things that you enjoy. Ensure you give yourself a break from the task at hand to relax and unwind through activities that bring you joy, such as hobbies.

9 Bring things into perspective

Sometimes feeling out of control of a situation can make you feel stressed. Think about what it is that's making you feel stressed and whether you can do anything about it. If the situation is out of your hands, try to accept that this is something that you cannot change, and focus your thoughts elsewhere.



10 Stay positive

Sometimes the way we view situations can have an impact on how we deal with them. If we try to see things in a positive light, they may not seem as bad as we first thought. Take some time to think about how you would like to react before you face a stressful event. This can help you take in and assess the situation in a more positive way.