



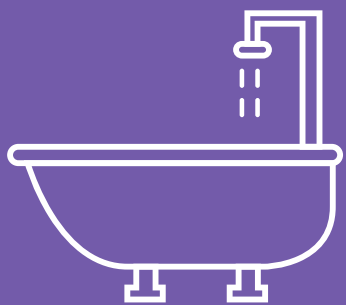
MANAGE YOUR STRESS

A guide to avoiding feeling overwhelmed on National Stress Awareness Day 2020



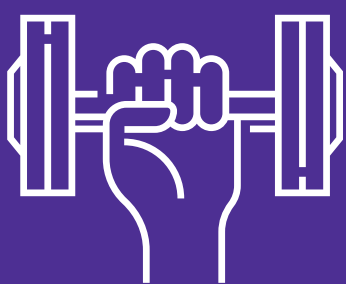
MAINTAIN A GOOD WORK/LIFE BALANCE

Try to stick to set times for work, rest and play. Ensuring you get to do all three will make you more productive overall. Practise being politely assertive in your communications so that others do not place unreasonable demands on you.



MAKE TIME FOR SELF-CARE

Ensure you do things that make you feel happy, positive and relaxed. Connect with friends and family, make time for your hobbies and interests and try to use simple relaxation techniques such as going for a walk or having a bath.



PROTECT YOUR PHYSICAL HEALTH

Ensure you stay physically active, doing exercise that you enjoy and getting outdoors, and that you eat healthily, drink plenty of water and get enough sleep.



BE KIND TO YOURSELF

Try to reward yourself for achievements, forgive yourself for mistakes and work to try and resolve any conflicts with friends, family or colleagues. You can also try taking a break and/or getting a change of scenery.



BUILD UP YOUR SUPPORT NETWORK

Reach out to friends and family for support when you're struggling. Speak to your line manager or HR contact at work and go to see your GP. You could also access peer support or look up specialist websites or support organisations.