

Quick tips on stress

Stress can feel overwhelming and exhausting, especially when it builds up over time. You're not alone—many people experience stress in their daily lives. This leaflet offers practical tips and simple strategies to help you recognise the signs of stress and manage it before it becomes too much.

Work out your stress triggers

Consider ways to manage your triggers. Triggers might be happening right now or could come from past experiences.

Sort out your worries

Separate your triggers into those you can do something about (now or soon) and those you can't. Stick to the facts—our minds can make us worry more when we create stories in our heads.

Get organised

Make a list of jobs to help you stay on track. Focus on one task at a time, and try alternating dull or repetitive tasks with more interesting ones to keep your energy and motivation up.

Take control

Get started by doing one task you feel you can manage - for example, making an appointment or doing the dishes.

List your achievements

Include everyday tasks like cooking or shopping. You can read the list whenever you need a boost.

Be active

Physical activity can help you feel calmer, stronger, and better able to deal with emotional stresses. Try something you enjoy, such as walking the dog, dancing, playing a sport or gardening.

Get a different perspective

Discussing your problems with someone else can give you new ideas for dealing with your problems. Sharing your thoughts can also help you feel calmer and listened to.

Take Breaks & Be Kind to Yourself

If things start to feel overwhelming, take a short walk or enjoy a hot drink. Being kinder to yourself can also help you cope and feel more balanced in different situations.



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