

HOW TO STRESS LESS

LOOK AFTER YOUR SOCIAL WELLBEING

1

- Connect with people - check in with your support network; are they ok, are you ok? Pick up the phone and find out!
- Ask for help if you need it - it's OK to not be OK.
- Perform a random act of kindness - it's nice to be nice.

MAKE TIME FOR SELF-CARE

- Learn a new breathing technique; box breathing, the 7/11, baby breath - find one that works for you and add it to your toolbox.
- Be kind to yourself, take time out for self-care and exercise - it's like the oxygen mask on the plane; put yours on first and you'll be in a better position to help others.

2

EXPRESS GRATITUDE

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- Write a gratitude letter. What are you grateful for? What did you take for granted and really appreciate? Even just writing down 3 positive experiences that happened to you every day.
- Write down your strengths: what are some of the things people have said about you that have made you feel good, strong and elated?

GET ENOUGH SLEEP

- Get your sleep hygiene sorted; have a bath, wind down, minimise screen time, talk about how you feel, eat good food regularly.
- Digital detox - could you make your bedroom a 'tech-free zone'? Make sure before bed to do something that doesn't involve a screen to allow you to disconnect from the 'always on' world we're currently living in.

4

EAT HEALTHY

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- Reduce your sugar consumption to avoid energy crashes.
- Stimulants like nicotine and caffeine should be avoided.
- Keep hydrated. Drink plenty of water throughout the day, and avoid that vicious cycle; thirsty because you're stressed and stressed because you are thirsty.

PRIORITISE AND ORGANISE

- Be strict with your boundaries; work is work and life is life - make sure to schedule time for doing things for yourself.
- Prioritise your most important tasks and projects earlier in the day.
- Delegate the things you do not have to do yourself.

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