

9 STEPS FOR DEALING WITH:

EVERYDAY STRESS

01

Shift your focus

Focus on the things you feel grateful for, and the things that are within your control that you can change.

02

Breathe

Breathe in through your nose for 3 seconds, & out through your mouth for 3 seconds. Repeat for at least 3 minutes for a calmer body & mind.

03

Sweat it out

Do exercise that makes you huff and puff. Dance around, go for a run, walk briskly or try skipping.

04

Relax your muscles

Tense & release your major muscles, one at a time. Hold then tense the muscle for 10 seconds & then feel your body relax as you release the tension.

05

Problem Solve

Choose one problem to solve, clearly define what the problem is, brainstorm as many potential solutions to this problem as you can and try one of them out!

06

Self-Care

Do something that makes you feel good and restores your energy, like having a bath or going for a walk.

07

Talk to a friend

Talk to somebody you trust about how you're feeling. Sometimes all we need is a listening ear.

08

Evaluate your perspective

What are some different ways of thinking about the situation? Am I catastrophising or underestimating my ability to cope with this situation? If so, what would be more realistic?

09

Keep Busy

If there's nothing you can do about this problem, do something else instead! Tick something else off your to-do list or do something fun!