

Stress Awareness

Simple Steps to Manage Stress:

- ✓ **Take Time to Breathe:** Deep breathing exercises can help calm your mind and reduce stress.
- ✓ **Move Your Body:** Physical activity, even a short walk, can boost your mood and reduce stress.
- ✓ **Practice Self-Compassion:** Be kind to yourself. It's okay to take breaks and say no when needed.
- ✓ **Set Healthy Boundaries:** Prioritise your wellbeing and make time for activities that bring you joy.
- ✓ **Engage in Relaxing Activities:** Whether it's reading, gardening, or listening to music, find what soothes you.



Scan the QR code to explore more resources on managing stress and enhancing your wellbeing.

counselling
& advice helpline

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