TOP 10 TIPS FOR MANAGING STRESS

A few small changes can have big results

1. **Exercise regularly.** Exercising at least three to five times a week helps to relax and condition your body and mind.

2. **Breathe deeply.** Take a few deep breaths. Notice how it changes how you feel.

3. **Be aware of quick fixes.** Try to avoid the tendency to consume more alcohol and non-prescribed drugs in stressful times.

4. **Notice your thoughts.** Reflect on how you think about what’s causing you stress. A trusted person or a counsellor can help you see things in a new way.

5. **Relax the muscles in your body.** Stress can make your body tense. Try to relax the areas where you carry the most stress.

6. **Recognize what you can’t control.** Reflect on what you can control, and let go of things beyond your control.

7. **Take a break.** Give yourself permission to nap, listen to music, read, meditate or just have some quiet time.

8. **Make time for things you enjoy.** Set time aside for hobbies or learning something new.

9. **Avoid exposure to stress.** If possible, avoid unnecessary triggers for stress, such as distressing TV shows.

10. **Evaluate your commitments.** Consider how you spend your time and letting go of some commitments.