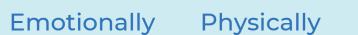


## 6 WAYS TO TACKLE STRESS

## STRESS CAN AFFECT PEOPLE IN DIFFERENT WAYS









Mentally

## SYMPTOMS CAN INCLUDE

- Constant tiredness
- Difficulty concentrating
  Constant worrying
- Avoiding people
- Racing thoughts
- Lacking in self-esteem
- Eating too much or too little
- Trouble sleeping
- Headaches
- Dizziness

## TECHNIQUES TO HELP MANAGE STRESS BETTER





**HELP OTHERS** 









