

6 WAYS TO TACKLE STRESS

STRESS CAN AFFECT PEOPLE IN DIFFERENT WAYS



Emotionally



Physically



Mentally

SYMPTOMS CAN INCLUDE

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

TECHNIQUES TO HELP MANAGE STRESS BETTER

1

HAVE SOME 'ME TIME'

2

HELP OTHERS

3

TRY TO BE ACTIVE

4

TRY MINDFULNESS

5

CONNECT WITH PEOPLE

6

USE BREATHING TECHNIQUES

