

**Mind tips for better  
mental health**  
stress



# mind tips



stress

Most of us feel stressed at times. If you experience stress, why not try out some of these tips to see how they work for you. They may help you feel calmer and better able to cope.

### **Find out what triggers your stress**

You can then think about what you can stop doing or change to be able to manage the triggers better.

### **Sort out your worries**

Divide them into those that you can do something about (either now or soon) and those that you can't.

### **Get organised**

Make a list of jobs; tackle one task at a time; alternate dull tasks with interesting ones.

### **Take control**

Get started by doing one task you feel you can manage; for example, making an appointment or doing the dishes.

### **Take a regular break**

Give yourself a brief break when you feel things are getting on top of you – get a hot drink or a glass of water or take a short stroll.

### **List your achievements**

When you have done something you feel proud of, write it down. Remember to include the everyday tasks, like shopping, or preparing a meal. When you feel stressed, read the list to give yourself a boost.

### **Be active**

Physical activity can help you feel calmer, stronger, and better able to deal with emotional stresses. Try something you enjoy e.g. walking the dog, dancing, playing a sport or gardening.

### **Get a different perspective**

Discussing your problems with someone else can help you get ideas about new ways of dealing with your problem or stress. Sharing your thoughts can also help you feel calmer and listened to.