



## 10 Top Tips To reduce Stress



**Overview** - A Calm mindset is one of the most important life skills you can have. It helps you make better decisions, contributes to your health and well being, and even enables you to live longer. It also means that you spend more of life's journey smiling rather than frowning.

### **Smile**

Even if it's the last thing you want to do, give it a go. Think of something that makes you happy, a time, a place, a feeling. Build from here.

### **Remember you are awesome**

We can forget that we are amazing, unique beings capable of wonder and joy. Tap into memories and feelings of when you have done something that makes you feel proud. Maybe write a few things down. Look at the list and feel good about it.

### **Avoid fake fixes**

Recreational Drugs (alcohol, caffeine, nicotine and other stuff) may seem like they give some short term relief, but they generally add to long term stress. If you use any more regularly than you don't, reverse the trend. Moderation, even abstinence can be the key.



## **Make time for yourself**

If you didn't shower or bathe for a few days, you might not smell or feel great. The same can be said if you don't make time to relax. Schedule time for activities that give your mind, body and spirit recovery time. If you haven't got time, make some time, seriously, **make time!**

## **If you can't change it, drop it**

If you add to your general stress with things over which you have no control or have no influence to change, then drop it! Consider avoiding the news and even TV soaps for a few weeks. They are both designed to make you feel vulnerable. The world will still carry on and you'll be surprised at how your general mood lifts.

## **Avoid triggers**

Working out what triggers stress for you can help you anticipate problems and think of ways to solve them. Even if you can't avoid these situations, being prepared can help. Maybe make a list. Your mind your choice.

## **Choose positive people**

Most of us know family, friends and colleagues who are really positive. We also know people who can be very draining and negative. Wherever possible (your mind your choice) spend time with people who add value to your life. Avoid energy vampires!

## **And breathe**

Every breath you take seems to come naturally, we tend not to give it much thought. However the pace, depth and quality of your breathing can make a huge difference to how you feel. Taking controlled, slow deep breaths for a few minutes a day can really improve how you feel.

## **Plan to feel good**

It may sound simplistic but the simple act of planning to feel good and be more relaxed will make a difference. Daily affirmations will help.

## **Become proactive in choosing who you are**

Take an interest in becoming the person you want to be. Tell your brain each day how you want to feel. The more you keep your brain focused on how you want to feel the more it will become your natural way of being.

*"Stress is not what happens to us, it's our response to what happens.  
A response is something we can choose"*

Anon