

Quick tips on stress



Work out your stress triggers

Then you can think about what you could do to manage your triggers better.

Sort out your worries

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

Get organised

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

Be active

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

Take regular breaks

If you feel things are getting on top of you, try taking a short stroll or having a hot drink.

List your achievements

Include everyday tasks like cooking or shopping. You can read the list whenever you need a boost.

Get a different perspective

Discussing your problems with someone else can give you new ideas for dealing with your problems. Sharing your thoughts can also help you feel calmer and listened to.

Take control

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

For more information visit mind.org.uk/stress

Mind Infoline: 0300 123 3393 or text: 86463



Would you
like to become
a Mind
member?

By becoming a member you'll be part of a supportive community who understand what it's like to live with a mental health problem. You'll also receive our magazine and enewsletter. We keep you up-to-date on all the latest mental health news and give you opportunities to help shape and inform Mind's work. Find out more about our membership at www.mind.org.uk/membership/flyer.

To contact Mind's membership team:
t: 0300 999 6367 e: membership@mind.org.uk

For more leaflets and booklets:
t: 0844 448 4448 w: mind.org.uk/shop

