

Think

Clearer

How to develop your coping strategy & manage the effects of stress.

- 1. Take a break.** If something is getting to you, take a break from the situation if you can. This might be going for a walk or taking regular breaks at work.
- 2. Do something you enjoy.** Focus on doing activities or hobbies that make you feel happy and content.
- 3. Self-acceptance.** Learning to like yourself boosts confidence and self-esteem, rather than allowing negative thought patterns to take over.
- 4. Fight worry with fitness.** Exercise can help to quieten the mind because it reduces the stress hormones in your body and improves your fitness and mood.
- 5. Seek help.** If you feel like it's all getting too much, reach out and ask for help and talk to your GP who can recommend options to help you feel better.