



## Reducing Stress

### **Become more assertive**

Learn to push back and say 'no' to unrealistic or inappropriate demands.

### **Maintain a healthy lifestyle**

Keep active, eat healthy and get enough sleep. These are all proven ways to help reduce symptoms related to mental ill health.

### **Use Mindfulness**

Paying more attention to the present moment, your own thoughts and feelings, and the world around you can improve your mental wellbeing.

### **Improve your time management**

How effectively do you manage your time? If your current commitments are overwhelming your life, better planning may help you to take back some control.

### **It's time to talk**

Maintaining strong social connections and discussing your concerns with people you trust can be an effective coping mechanism.