



TOP TIPS FOR DEALING WITH STRESS.

- Work off Stress. Physical activity is a terrific outlet
- Learn to accept what you cannot change.
- Avoid self-medication with nicotine, alcohol, skunk, coffee or downers.
- Get enough sleep and rest to recharge your batteries. Hypnotics will rarely be necessary if you set about changing your lifestyle.
- Take some time out to play.
- Do something for others. (Those in the helping professions can overdo this advice)
- Take one thing at a time.
- Agree with somebody. Life should not be a constant battleground. Avoid entrenched interpersonal conflicts. Think of your coronary arteries instead.
- Manage your time better. You need a system that works for you not against you.
- Plan ahead. By saying no now, you may prevent too much pressure piling up in the future.
- If you are ill, don't try to carry on as if you are not.
- Develop a hobby. Have an interest that does not require money or technology. Take up fishing, dancing or knitting!
- Pets are less complicated than human beings and can help to combat 'people pressure' and loneliness.
- The answer lies with you. Nobody else can give you a less stressful life.
- Eat sensibly and exercise.
- Don't put off relaxing. Use a stress reduction technique daily: Yoga & Meditation!
- Don't be afraid to say no.
 - a. Know when you are tired and do something about it.
 - b. Delegate responsibility. Don't overload your brain with too many tasks and worries.
 - c. Be realistic about perfection.
 - d. Listen to Drake, James Brown or Mozart and always remember to keep swimming!