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!