



Start Living **STOP** Stressing!

YOUR TOP 10 KEY STEPS TO STRESS-FREE LIVING

This leaflet has been produced by the
International Stress Management Association UK

Promoting Stress Prevention and Wellbeing

w: www.isma.org.uk

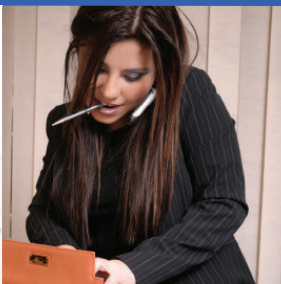
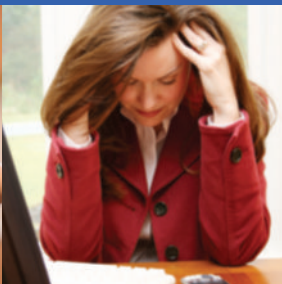
e: stress@isma.org.uk

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Start Living



STOP Stressing!

1. START TO PUT YOURSELF FIRST

If you eat & drink healthily, schedule regular physical activity that you enjoy & manage your time effectively, you'll be in a better position to help others

2. START TO PRIORITISE TASKS

There are only so many things we can do well during each day, so choose your top 3 most urgent tasks each morning and make them your priority. Reschedule, renegotiate your commitments or delegate – you can make it happen!

3. START TO MAKE TIME TO RELAX & MENTALLY UNWIND

Relaxation, breathing & meditation exercises have been proven to be effective in reducing stress & anxiety, they are ideal ways to switch off AND they boost your immune system. Just a few minutes a day will pay huge dividends

4. START TO EMPATHISE WITH OTHERS

There are many different behaviour styles that affect how we communicate with each other. Be aware that different people can perceive your words & actions in a way you didn't always intend. Take time to listen to others & look for solutions

5. START TO LIVE LIFE TO THE FULL

Bring some fun into your life & spend a few minutes each day appreciating the good things you have in your life. This will help you to see opportunities for growth and learning, even from the most challenging situations

6. STOP IGNORING YOUR NEEDS

Know what is expected of you and what is reasonable. Take short breaks throughout the day & know when and how to say 'No' both at work & home

7. STOP GETTING DISTRACTED

If you're experiencing too much pressure or just have a lot going on in your life, staying focused isn't easy. It may help to ask for support from colleagues or friends & prioritise urgent, important & non-urgent tasks

8. STOP ALLOWING OTHERS TO MAKE YOU FEEL INFERIOR

The key to stress-free living is to accept yourself for exactly who you are today, including past mistakes and things you might not be so proud of. Work on your self-belief and confidence and just go for it!

9. STOP BEING JUDGMENTAL

Try to adopt a more flexible thinking style which will improve your mental well-being, whilst reducing unnecessary pressure for both you and those around you. Practice being objective and understanding.

10. STOP AVOIDING THE THINGS YOU LEAST WANT TO DO

We often put off tasks that can become a recipe for worry. Take control & promise yourself a reward when you get it done

Always consult your GP if you are concerned about your health

KNOWLEDGE ON ITS OWN WON'T MAKE ANYTHING CHANGE

WHAT MAKES IT COUNT IS PUTTING IT INTO ACTION!