

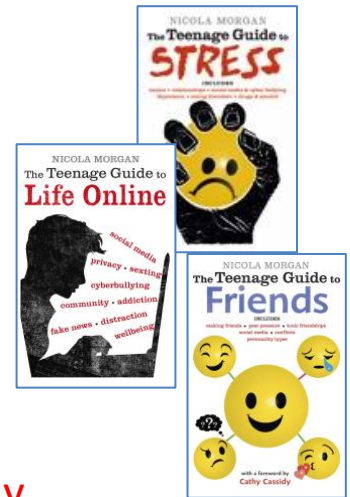
STRESS-BUSTING STRATEGIES

From Nicola Morgan

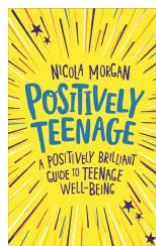
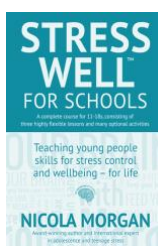
RED = instant

BLUE = daily

GREEN = general



1. Learn an **INSTANT** breathing strategy – see my **website for a free audio and instructions**
2. Daily time out for **YOU** – take breaks and choose activities that help you unwind and switch off from worries
3. Get outside – being able to see nature/greenery helps us de-stress; fresh air also helps
4. Exercise – this brings real benefits to mental health (but avoid over-exercising); find anything you enjoy
5. Switch off your screens – being online too much can increase stress and prevent good sleep
6. Bury yourself in a book – see my website for the evidence!
7. Laugh – laughing and smiling releases “endorphins” or “happy chemicals”
8. Know who to talk to – talking really helps and someone else can often see a solution that you can’t
9. Remember: everything passes. How you feel now is not how you’ll feel later.



More help on Nicola’s website and in her books.
www.nicolamorgan.com