

### Proactive stress management strategies

#### Promote general wellbeing

- Eat nutritionally balanced meals and snacks every day
- Exercise regularly but not excessively
- Sleep adequately and regularly
- Listen to your body and take time to rest when needed
- Make time for pleasurable activities
- Make time for quiet time alone
- Avoid excessive use of caffeine and alcohol

#### Establish relationships

- Be emotionally involved with others
- With the support of others increase your access to information and resources
- Be exposed to different ways of thinking
- Allow yourself to receive support and encouragement

#### Organise yourself

- Set priorities to protect yourself from overload
- Pace your energy and capacity by structuring your day to make room for quiet moments and rest.
- When setting goals make them realistic and process focussed.

#### Control your environment

- Protect yourself from stressors by controlling the amount of stimulation in your environment.
- Avoid too many changes in your life at one time.
- Create a personal stability zone so there is always somewhere or someone that you can turn to.

### Managing the physiological response of stress

- Unwind: listen to a short meditation, go for a walk, do breathing exercises, stretch
- Work off the stress: perform physical activity, divert attention to another activity
- Drain off the stress: take a hot bath or shower, self massage
- Take time out: change the activity you are doing or place you are in
- Talk out: reach out to connect with another person