

Stress Relief Pyramid

Suggestions

Life is not about being perfect, everyone makes mistakes. Allow yourself to grow from mistakes and then move on. Otherwise you might find yourself becoming more stressed trying to be that perfect person.

- Smoking
- Drinking
- Procrastinating
- Over or under eating
- Placing blame
- Being hard on yourself

AVOID

- Make time to do something for yourself
- Try doing something new
- Organize or De-clutter a room in your home
- Practice yoga or tai chi
- Manage your money
- Make time for activities you enjoy
- Take breaks

AIM TO DO REGULARLY

- Enjoy fresh air
- Develop good sleep habits
- Maintain a sense of humor
- Stay hydrated

- Exercise / Physical activity
- Choose healthy food options
- Being mindful
- Try Meditation / Relax
- Do something creative

AIM TO DO DAILY

- Know what triggers your stress
- Look at how you currently deal with stress & consider healthier techniques if necessary
- Start a stress journal
- Learn when to say “no”
- Build a reliable, understanding support system

- Change negative thoughts or perceptions
- Keep an open mind
- Find ways to work on time management

Don't try to do everything on this list as it might make you more stress!

PREVENTION TIPS



“If a man insisted always on being serious, and never allowed himself a bit of fun and relaxation, he would go mad or become unstable without knowing it.”

- Herodotus (484 BC – 430 BC)