

# HOW ARE YOU?

For more help on becoming a healthier you:

email: [wellbeing@portsmouthcc.gov.uk](mailto:wellbeing@portsmouthcc.gov.uk)

call: **023 9229 4001**

or search **One You** on [portsmouth.gov.uk](http://portsmouth.gov.uk)

**ONE YOU PORTSMOUTH**

# TOP 10 TIPS FOR MANAGING **STRESS**

1. Be active - exercise will help reduce some of the emotional intensity that you may be feeling
2. Take control - sort out your worries, writing a 'to-do' list may help you feel empowered and recognise what needs to be prioritised
3. Use your support networks - speak to friends, family or colleagues - a problem shared is a problem halved
4. Take a break and pause - relaxation is important, do something nice for yourself - you are important
5. Say 'no' - it is ok to say no sometimes, try not to let others expect too much of you. Avoid taking on too much at once, this can leave you feeling overwhelmed and unable to manage
6. Avoid unhealthy habits - try not to rely on alcohol, tobacco or caffeine as ways of coping, as these won't solve your problems. Instead adopt healthier lifestyle habits
7. Be positive - look at the good things in your life such as loved ones, pets and up and coming occasions
8. Take up a hobby or interest - look at volunteering opportunities, as you can make new friends and do something different
9. Accept the things you cannot change. There will always be things you don't like, concentrate on the things you do have control over
10. Have a change of scenery - walking is free and also a great way to unwind