

7 HEALTH TIPS TO HELP YOU MANAGE STRESS

1. SET A DAILY ROUTINE

Taking the time to plan your days gives you an understanding of what to expect. It also increases the chances of fitting other stress-management strategies into your days.

2. SET 3 GOALS FOR THE DAY

Establishing your top 3 goals for the day gives clarity on what's important to you. Making sure you check on your progress at the end of the day will help you either celebrate your wins or keep focus for the next day.

4. WRITE IN A GRATITUDE DIARY

Researchers have found significant benefits in creating a daily gratitude practice. This is as simple as making a note in a journal or exercise book of the top 3 things you're grateful for at the end of each day.

3. EXERCISE WITH PURPOSE

Moderate exercise is best for managing stress. Make sure you schedule daily exercise, ideally early in the day, to make sure nothing gets in the way and you enjoy the benefits all day long.

5. FUEL YOUR BODY

Eating an unbalanced diet creates more work for your system and additional physical stress. Nourish your body with nutritious and wholesome foods.

6. ACCEPT YOUR EMOTIONS

Fighting against emotions or denying them only increases their hold on you. This applies for both positive and negative emotions – feelings of joy and happiness will pass, as will sadness and fear. Trying to hold onto emotions takes a lot of energy and will increase your stress level.

7. GET HELP WHEN NECESSARY

Get help for the things you can't manage on your own. This includes things that you can't influence or control but still stress you. The same applies if you're unable to get clarity on what really matters. You could start by writing down the issue or by speaking to family and friends. If this isn't possible or doesn't help, speak with a professional. You can book in a session with your GP or a psychologist, who might be able to help you make any changes you need to make in your life.



Source: Body and Mind Health