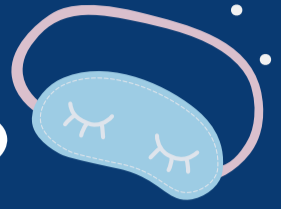


# TIPS FOR BETTER SLEEP



## ① COZY SLEEP



Invest in a supportive mattress and comfortable pillows. Experiment with different sleeping positions to find what works best for you.

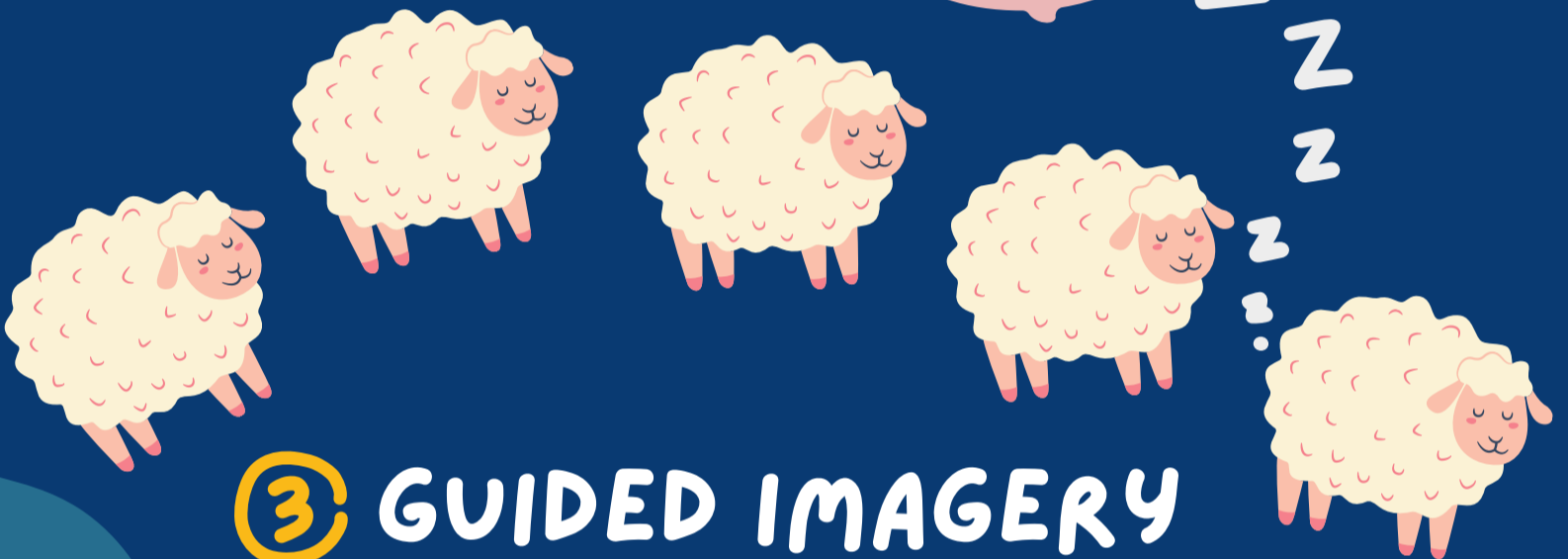
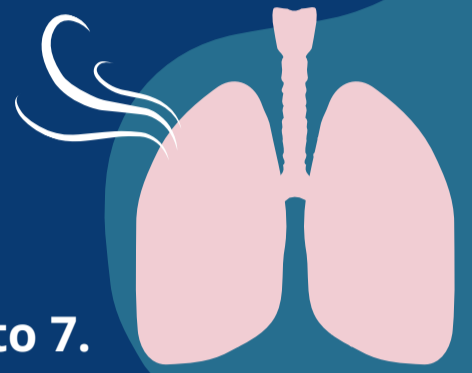
## ② BREATHE

Try breathing the "7-11" way.

Breathe in slowly and gently while counting to 7.

Breathe out slowly and gently while counting to 11.

Continue this until you fall asleep.



## ③ GUIDED IMAGERY

1. Close your eyes and recall a peaceful past experience or serene natural setting.
2. Take slow breaths and visualise the details of this relaxing place.
3. Engage your senses by adding smells, sounds, tastes, and tactile sensations to deepen the calming effect of your mental imagery.

## ④ SLEEP SCHEDULE

Establish a regular sleep schedule by going to bed and waking up at the same time every day, even on weekends. This helps regulate your body's internal clock and improve sleep quality over time.



## ⑤ CHANGE IT UP

Different sleep improvement techniques suit different people. Keep trying and persevere even if it doesn't work at first. If you've tried everything here already, try changing a small thing in your bedroom. For example, place your pillow in a different direction, close the door, or open the windows.



# TIPS TO MANAGE ANGER



## ① SHOUT

Find a safe place where you can be alone to have a good shout! For example, go to your room and shout into your pillow for as long as you need to calm down.

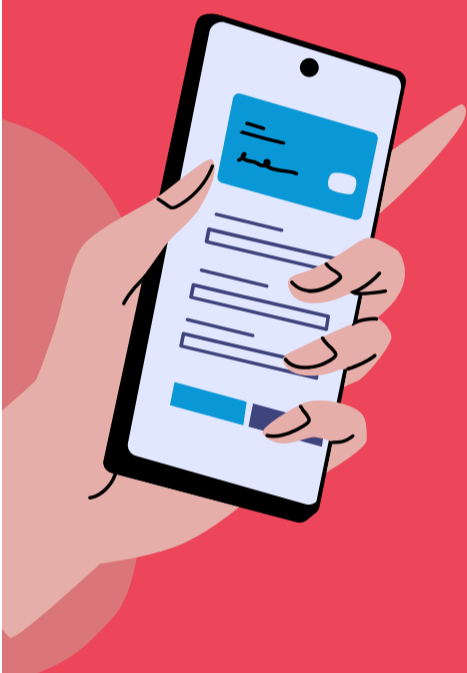
## ② WRITE

Jot down how you feel, why you feel this way, and any words or phrases that may be on your mind. Write as much as you need to, or draw and doodle as you wish.



## ③ DISTRACT

Move your attention away from your anger. For example, you could visit your favourite website, listen to your favourite song, or go for a walk. Some mobile apps may help you to release your frustration.



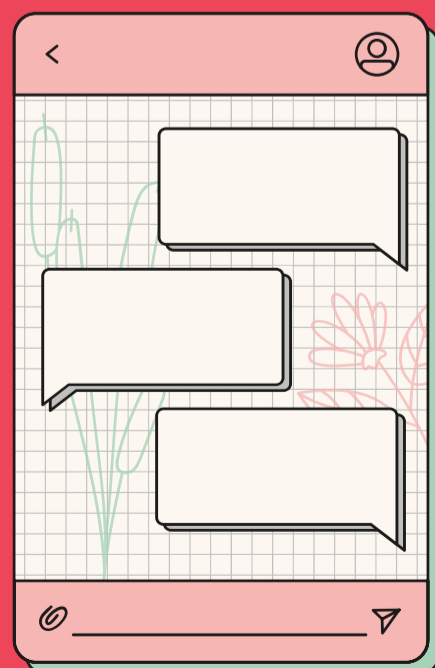
## ④ MOVE

Get moving. Do some stretches or star jumps in your room. Help your family with some housework. Or go for a walk, run, bicycle ride, or swim. Depending on your fitness level, you may want to choose a sport or any physical activity that you find relatively strenuous.



## ⑤ CHANGE IT UP

A problem shared is a problem halved, so, chat with someone you trust. That said, in moments of anger, you might unintentionally say something hurtful to the person. It might help to reduce the intensity of your anger, such as by leaving the situation, before you reach out.



# TIPS FOR BETTER COMMUNICATION

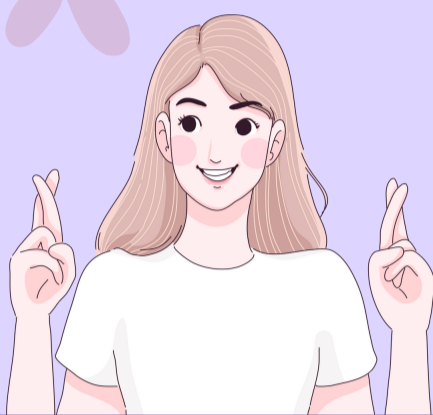
## ① BE CLEAR

Be clear of what you want to say, and express it in a clear way. Don't assume that people know what you want.



## ② BODY LANGUAGE

Do you fold your arms in front of your chest? Are you wearing a stern expression? What does your tone sound like? Sometimes your body language may cause someone to feel defensive or upset even before he/ she has heard what you have to say.



To help other people feel at ease, relax and keep an open posture. A calm voice will also ensure that your message doesn't sound threatening.



## ③ SAY IT NOW

Is there an issue you need to raise urgently, or a situation that needs to be resolved soon? Sometimes delaying it allows tension to build up, making it more challenging. Take some time to calm yourself down, and deal with it as soon as you can muster the courage to.

## ④ STOP & LISTEN

During a serious discussion or argument, it is hard to put aside our point for the moment and just listen. We're often so afraid of not being heard that we rush to keep talking. But this makes it all the more likely we won't be heard.



## ⑤ CONVEY POSITIVE FEELINGS

To build good relationships, we must express positive feelings. Don't assume that people know that you like them or that you appreciate what they do for you. Let them know how you feel and how thankful you are. That way, they will know how much you value them. This will help to strengthen your relationships and reduce misunderstandings.

# TIPS TO MANAGE POOR MOOD



## ① GET ENOUGH SLEEP



Sleeping too little is bad for your mood. So is sleeping too much. Aim for 7-8 hours of sleep and keep to a regular sleep schedule. Avoid using your phone or computer just before you sleep.

## ② TRY OMEGA3 RICH FOOD

Certain Omega-3 fats such as EPA and DHA may boost your mood. The best sources are fatty fish such as salmon, mackerel, and sardines. Grill or bake them for a healthy and delicious meal. If you don't take fish, try Omega-3 supplements from the pharmacy.



## ③ GET MOVING

Physical activity helps you to improve your mood. Start small with stretches, deep breathing, taking a shower or cleaning your room. Depending on your comfort level, you can also try taking a walk, doing yoga or whatever it is you enjoy.

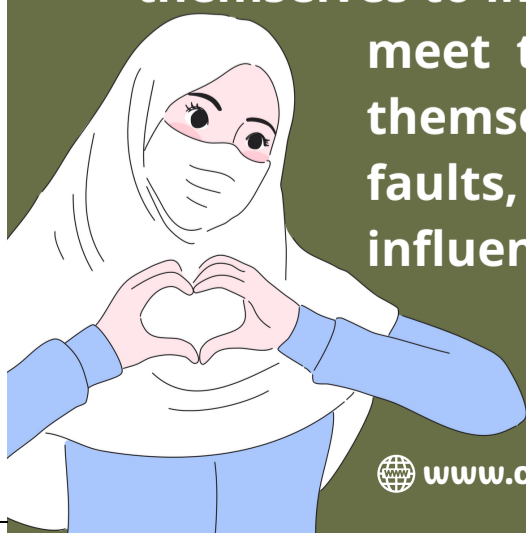


## ④ PLAN YOUR DAY

Plan your day such that you will have something to do, be it a big or small task or activity. Giving structure to your day can have a big impact on how you feel. Start with simple activities such as showering, making breakfast or taking care of your pet. For an added sense of accomplishment, try keeping a record of what you did each day.

## ⑤ BE KIND TO YOURSELF

Be less critical of yourself and allow yourself to be less than perfect. Many people experiencing depression hold themselves to impossibly high standards. When they don't meet these standards, they are very harsh on themselves. Instead of thinking about your faults, spend time with positive people who can influence you in a good way.



# TIPS TO MANAGE STRESS

## ① WRITE IT

Keep a stress journal to identify the stress in your life and how you deal with it. Each time you feel stressed, write the following:

- *What caused your stress (Make a guess if you are unsure)*
- *How you felt, both physically and emotionally*
- *What you did in response*
- *What you did to make yourself feel better*

After some time, you will begin to see patterns. Do reach out to a trusted person/professional about these patterns and how to manage them.



## ② MOVE IT

Exercise releases endorphins, which make you feel good. Choose an exercise that is relatively strenuous for your fitness level. 10-min bursts of activity that increase your heart rate and make you break out into a sweat can relieve stress and give you more energy and optimism. So why not go for a run, a stroll or just dance in your room?



## ③ CUT IT

Look at your to-do list. Is there too much to do? Move the non-urgent tasks to the bottom or delete them entirely. Also, break each task into smaller tasks so you won't feel overwhelmed. Start to enjoy a small achievement or two, and you will be more likely to finish the next task.



## ④ CHILL IT

Set aside time to relax in your schedule every day, no matter how busy you are. You need the time to take a break from all responsibilities and recharge your batteries.



## ⑤ SNOOZE IT

Sleep is fuel for your mind and your body, so you definitely need enough of it. No matter how busy you are, get enough sleep. If you feel tired, you won't perform well and you may end up feeling more stressed.



# TIPS TO MANAGE ANXIETY

## ① LET IT BE

Recognise each thought as it arises, release it, and refocus on your breath. Avoid analysing, dwelling on, or fixating on the thoughts—simply allow them to enter your mind and effortlessly pass through.



## ② FOCUS ON THE PRESENT

If you can't stop thinking about something, bring your attention back to the present moment. Observe, without attaching judgments:

- *how your body feels*
- *the rhythm of your breathing*
- *your ever-changing emotions*
- *the thoughts that float through your mind.*



## ③ FIX A "WORRY PERIOD"

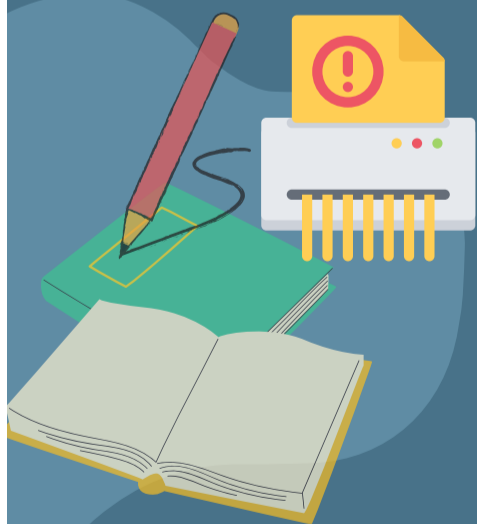
Set a time and place for worrying. It should be the same every day and it should be early enough so that you won't be anxious just before bed-time.

During your "Worry Period", feel free to worry about whatever's on your mind. The rest of your day is your "Worry Free Zone".



## ④ READ & SHRED

Write in detail the thoughts troubling you and how you feel about them. Read aloud what you have written and shred the paper.



## ⑤ DISTANCE YOURSELF

Spend less time with people who make you anxious. Even when spending time with them, set your boundaries.

Consider engaging in activities that help you prioritise self-care and relaxation.

