

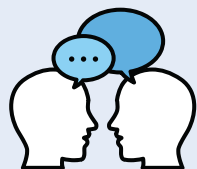
Tips for Managing Stress

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Make time for the things you enjoy

Go for a walk outside and notice as many sights and sounds as you can



Talk to a trusted friend or family member or spend time with your pet



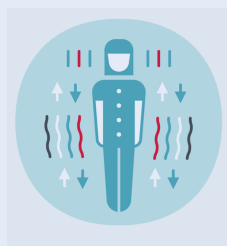
Count three things you are grateful for



Listen to a relaxing music playlist



Try slow breathing. Count to three as you breathe in slowly – then count to three as you breathe out slowly



Relax your muscles. Slowly tense and then relax each of your muscle groups from your toes to your head

Stay healthy with regular exercise, sleep routine, and healthy diet - not too much caffeine



Think of your favourite peaceful place and imagine yourself being there

Be kind to yourself. Imagine what you would say to a friend who is feeling stressed

