

LET'S TALK STRESS

STRATEGIES FOR COPING WITH STRESS

Let's face it, stress is part of everyday life. There's no way to avoid or eliminate it, but we can get better at coping with it. The trick is learning strategies that we can use to deal with stress when stressful situations arise.

Have Fun

Laughter really is the best medicine. If you can't remember the last time you had a good laugh, it's been too long! Spend time with people you love and do things that you enjoy. Your mind will thank you.



Be Active

Stress can leave you feeling sluggish, but that's when exercise is most important! Numerous studies show that exercise can help reduce anxiety and depression. It's a key component of mental health care.



Avoid Being Critical

Looking at life and other people through a critical eye can be damaging. Cultivate a spirit of generosity and ease up on criticising others. A positive attitude and kind approach will go a long way!



Reach Out

Surround yourself with positive relationships and people you trust and can lean on when you need support. Support others as well. Volunteer work can be an effective and satisfying stress-reliever.



Eat Well

Alcohol, caffeine, sugar, and tobacco put a strain on your body's ability to cope with stress. A balanced diet that includes fruits, vegetables, whole grains and high-protein, low-fat foods supports optimal health.



Manage Your Time

Prioritize tasks and follow through. Use a checklist to stay on track and get things done. Remember that it's okay to say no. Honour your limitations and be realistic as to what you can fit into your schedule.

