



STRESS AWARENESS MONTH

5 WAYS TO HELP REDUCE STRESS

There's no better way to reduce stress than by looking after your health. Here are a few tips to get you started:

1. EXERCISE

Regular exercise can boost your mood.



2. EAT WELL

There's a link between stress and nutrition. If you're feeling stressed, one of the first things to check is if your diet may be a contributing factor.

3. GET A GOOD NIGHT'S SLEEP

Sleep is just as important for your overall well-being as eating healthily and exercising - it's nature's healer.

4. DEEP BREATHING

When we're stressed it may impact our breathing. Having a simple breathing exercise to hand in these situations is very useful.



5. STAY HYDRATED

The human body is approximately 70% water. If we haven't drunk enough water, our energy levels are lower and we feel more tired.

