

The left side of the slide features a vertical arrangement of decorative elements. At the top is a pink butterfly. Below it is a white flower with a black center. Further down is a pink butterfly. At the bottom of this section is a pink flower. The background is black with faint, light-colored floral patterns.

STRESS MANAGEMENT TIPS & TECHNIQUES

***OCCUPATIONAL HEALTH
DIVISION***



- Make sure you have everything ready for the next day. For example decide what will you eat in the morning, who will you call for a talk or pick where are you going tomorrow at night, and have your suitcase ready.
- Don't trust yourself too much and become more organized. Everyone forgets things now and then it is completely natural. Keep a pocket book where you can write down appointments and important to-do things. You will realize how useful is self-organization.

- Prevent “why now!” moments, that can catch you by surprise. Keep a backup of house, food and car supplies.
- Waiting is normal. Whether on a grocery line, at the post office, waiting is part of life. Don’t worry, it will be your turn soon, avoid waiting or being in a rush by going 15 minutes earlier.



- **WHATEVER YOU WANT TO DO TOMORROW, DO TODAY; WHATEVER YOU WANT TO DO TODAY, DO IT NOW.**
- **Get it fixed. If something that is broken is stressing you out, get it fixed! Many people stress out over things that can easily be replaced or fixed.**



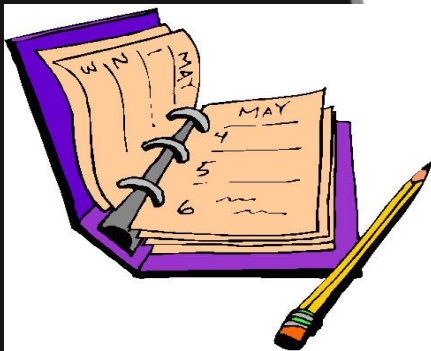
- Replace coffee, or at least slowly switch to decaf. Try natural drink in the morning, like juice or milk.



- Streeeeetch your body, it feels good, and is a natural stress reliever.



- Breath deeply and slowly, it will help your body to relax.



- Keep a daily journal, writing down your thoughts and feelings is just as good as speaking them out loud to public.

- Talk it out, if you know someone you can trust, let them know what you are feeling and what are you rhinking, they might be able to help.
- Walk it out. It will do you good.
- Take a shower or hop into the tub and have a nice bath.



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More ways to destress...

- **Exercise**
- **Take up a hobby**
- **Accept and let go**
- **Good humour**
- **Smile**





STRESS RELIEVING EXERCISES

Blow it off



Breathe in while tucking in your tummy and feel the air as it expands your lungs and your chest. Breathe in to the count of four and hold it for two counts. Then exhale to the count of four. Take two to four deep breathes several times a day and soon daily stressors may well be “gone with the wind!”

Get up and stretch

- Visualize the stress flooding from your back, legs, your shoulders, and pour out of your fingertips and toes.



10-20 seconds
2 times



10-15 seconds
2 times



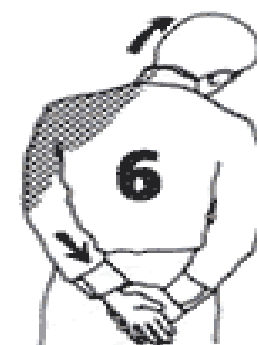
8-10 seconds
each side



15-20 seconds



3-5 seconds
3 times



10-12 seconds
each arm



10 seconds



10 seconds



8-10 seconds
each side



8-10 seconds
each side



10-15 seconds
2 times



Shake out hands
8-10 seconds

Take a short walk after lunch

- A brisk ten or fifteen minute walk each day is not only physically beneficial but transfers your focus from your problems to the scenery along your route, whether it's the good-looking person in the hallway or the trees in the neighborhood park.

Progressive relaxation



Start at your toes and “tell” them to relax. When you feel them relaxing move to your feet, ankles, calf muscles, knees, thighs and so on up your torso to your shoulders and finally to the top of your head or alternatively down through your arms to your fingertips (if you make it that far before you’re asleep!)

Dance



Join an aerobics class, a tai chi class or just turn on the tunes and dance. Dancing has a double advantage in that along with exercise, music is a great stress reducer.



THANK YOU