Tips for Managing Stress:
1. Recognize signs of stress
2. Identify source
3. Practice healthy coping responses
4. Plan ahead and be realistic
5. Learn your limits and when to say no
6. Ask for help when needed
7. Healthy well-balanced diet
8. Being physically active

Breathing Exercise for Stress
1. Sit or lie in a comfortable position
2. Put one hand on stomach and one on chest
3. Deep breath in through nose and let your stomach push your hand up
4. Breath out your mouth and feel your stomach go down
5. Repeat 5-10 times

Common Responses to Stress
- Poor eating habits
- Excessive drinking
- Inactivity
- Insomnia
- Nervous habits
- Procrastination
- Isolation

Symptoms of Acute Stress
- Anxiety
- Anger
- Excessive Sweating
- Inability to concentrate
- Tight Muscles
- Chronic Fatigue

Chronic Stress can lead to depression, high blood pressure, high cholesterol and memory problems

Test your stress level at:
www.bemindful.co.uk/mbsr/test/