

# Stress Management Tips

## Tips for proactively managing your stress levels

Stress is a common and normal experience for many people at times. Too much stress and for too long, however, can have an impact on our well-being and functioning. Here are some techniques to help you cope with and hopefully reduce your stress:

1

Take time to identify your stressors to see if there is anything that can be changed about those things.

2

Practice self-care. Ensuring that you eat well, sleep enough, and exercise will help reduce your vulnerability to stress and also help you manage it.

3

Relaxation exercises including deep breathing exercises (breathing in for four seconds, holding your breath for two seconds, and exhaling for six seconds) and progressive muscle relaxation (slowly tensing and releasing different muscle groups in the body) can help reduce stress.

4

Practicing mindfulness as a regular habit can help reduce and manage stress by helping us to pay attention to the present moment without judgement. For example, letting go of unhelpful thoughts instead of engaging with or judging them can reduce how stressed we feel about things.



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**5** Distraction techniques can help in the short term with managing stress.

**6** Ensuring that you spend time in pleasant activities that you enjoy can help you manage stress.

**7** Get social support. Spending time with loved ones or friends can help reduce stress and improve emotional wellbeing.

**8** Time management: Feeling overwhelmed and stressed can often be caused by having too much to do and not enough time to do it. Effective time management techniques including setting SMART goals can help reduce stress by helping you prioritize tasks and manage your time more effectively.

**9** Set good work life boundaries to ensure that you have enough down time can help manage stress.

## Accessing support for your mental health

For personalised support with a psychologist or therapist, you can contact us on [07 3254 0333](tel:0732540333) to request an appointment through your Employee Assistance Program. For more information visit [www.axisclinic.com.au](http://www.axisclinic.com.au)