

Tips to turn stress into success

Your stress management strategy will be highly individual. Here's a list of ideas to choose from, starting with physical options. Tick your best ones!

Physical ideas!

- Learn progressive muscle relaxation.
- Get a massage.
- Give a massage.Walk the dog.Go to the gym.Tidy the house.Clear the garden.
- Dig a hole.Box a boxing bag.Throw a ball.Learn to juggle.Attend a tai chi class.
- Imagine you are teaching a tai chi class.
- Go for a swim.
- Play with the kids.
- Dance to funky music.
- Roll on the floor



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More ideas!

- Get instant relief. Do some deep breathing.
- Walk away from what's stressing you and make yourself a cup of coffee in a funny mug.
- Take a warm bath or shower. The more bubbles the better.
- Set your alarm to go to bed.
- Call a friend who chills you out.
- Practise "mind escape", where you imagine yourself in a tranquil place with a waterfall and singing birds.
- Light some incense.
- Listen to your favourite chill-out music.
- Do something enjoyable each day.
- Go outside and count stars.
- Do bird whistles.
- Write a song.
- Practice saying 'No' to taking on tasks that overload you.
- Force yourself to sit still.
- Learn to meditate.
- Say some Pretend Power's about turning stress into success. For example, "I am able to de-stress whenever I like."
- Don't keep putting things off, especially turning stress into success.

