

Ten Top Stress Busters

There are many ways that you can deal with stress. Remember though it is up to **YOU** to do something about it. If you have feelings of stress the following strategies can help.

Exercise regularly

It doesn't have to be full-on sport. It can be kicking a footy with friends, walking the dog, going for a swim, skateboarding, jumping on the trampoline – anything to get the blood flowing. This gets oxygen into your blood stream and brain.

Eat all the RIGHT foods

If you want to be a high energy and active person who can manage stress, you'll need to "put the right fuel in your tank" by eating a proper diet.

Build a network of friends who are positive and supportive.

Avoid people who put you down or spend their time talking badly about others. This is very negative and is not good for anyone. Try to be around people who are supportive and understanding and encourage you to be the best you can be.

Decrease negative self-talk

Challenge negative thoughts about yourself with alternative neutral or positive thoughts.

Learn to feel good about doing a competent or 'good enough' job rather than demanding perfection from yourself and others.

Learn practical coping skills

For example, break a large task into smaller, more attainable ones. Congratulate yourself for completing each of these small steps.

Learn to relax

You need to be able to 'zone out' regularly and forget about everything even if it is only for a short period of time.

Take a break from stressful situations

If you find yourself in a stressful situation **YOU** can do something about it. Take control and remove yourself from it even if it is only for a little while.

Avoid excessive caffeine drinks like coffee, cola, or energy drinks.

These can make you become agitated and anxious.

Take control

Don't feel powerless. You are in control and it is OK sometimes to say 'no' especially if it something that is causing you great stress.

Try to think positively

We often worry about things that have happened in the past or **MIGHT** happen in the future. We have no control over those things. We can only control now. If you start to think positively in the situation you are in...it can change in an instant. Try it and see.