



Mental Health
Foundation



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Stress is a feeling of being under abnormal pressure, whether from increased workload, an argument with a family member, or financial worries.



or stay and fight. Once the pressure or

if you're constantly under stress, these

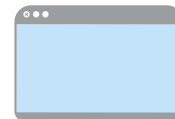
the symptoms of stress. If you're stuck in
a busy office or on an overcrowded train,
you can't run away, so you can't use up the

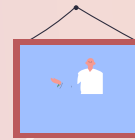


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æ Difficulty relaxing

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Some people smoke, drink alcohol and use



HOW CAN YOU HELP YOURSELF?

Stress is a natural reaction to difficult situations in life, such as work, family, relationships and money problems.

When you are feeling stressed, try to take these steps:

- Realise when it is causing you a problem.

with. Don't ignore physical warnings

intestinal difficulties such as irritable bowel

such as depression. So, it's important that



- **Be aware of your smoking and drinking.**

- **Exercise.**
very effective in relieving stress. Even

- **Take time out.**





We'd like to thank everyone who contributed some brilliant tips on how to manage stress. Everybody is different and what works for one person might not work for another. Here are 101 tips, find what works for you and give them a try.







Switch off the phone and get some

caffeine

Going to your friend's house with

time just a few

27. Go to a yoga class



53. Go window shopping





**72. Tidy a room or cupboard (other
people might find this stressful, but
I find it relaxing!)**



an AirΣx model



