

EMPOWERING PEOPLE.
BUILDING SKILLS.
CREATING OPPORTUNITY.

MANAGING STRESS

REDUCE STRESS.
IMPROVE WELLBEING.
TAKE BACK CONTROL.

Stress is a normal part of life, but when it builds up it can affect your health, mood and productivity. Learning how to manage stress helps you feel calmer, think more clearly and cope better with challenges.



MANAGE TODAY.
FEEL BETTER.
BE STRONGER
TOMORROW.



WHY IT MATTERS

Managing stress helps you protect your mental and physical health, stay focused and perform at your best. It improves relationships and helps you enjoy life more.

8 WAYS TO MANAGE STRESS



1. IDENTIFY YOUR STRESS TRIGGERS

- ✓ Notice what causes you stress.
- ✓ Keep a journal to spot patterns.
- ✓ Understanding triggers helps you take control.



Awareness is the first step to managing stress.



2. PRACTISE RELAXATION TECHNIQUES

- ✓ Try deep breathing, meditation or progressive muscle relaxation.
- ✓ Even a few minutes can help you feel calmer.



Relax your body.
Calm your mind.



3. MANAGE YOUR TIME

- ✓ Plan your day and prioritise important tasks.
- ✓ Break big tasks into smaller steps.
- ✓ Don't overcommit.



Good time management reduces stress.



4. LOOK AFTER YOUR BODY

- ✓ Eat well, stay hydrated and get enough sleep.
- ✓ Exercise regularly to release tension and boost mood.



A healthy body helps a healthy mind.



5. TALK ABOUT HOW YOU FEEL

- ✓ Don't keep it all inside.
- ✓ Talk to someone you trust.
- ✓ Sharing how you feel can lighten the load.



You don't have to face it alone.



6. TAKE BREAKS

- ✓ Step away when you can.
- ✓ Short breaks improve focus and reduce tension.
- ✓ Use break time to rest and reset.



A break today can refresh your mind.



7. DO THINGS YOU ENJOY

- ✓ Make time for hobbies and activities you love.
- ✓ Laughter, creativity and fun reduce stress.



Do more of what makes you happy.



8. FOCUS ON WHAT YOU CAN CONTROL

- ✓ Let go of what you can't change.
- ✓ Focus on your actions, attitude and goals.



Focus your energy on what you can change.



SIGNS OF TOO MUCH STRESS



Feeling tired all the time



Irritability or mood swings



Headaches or muscle tension



Trouble sleeping or concentrating



Feeling overwhelmed



Withdrawing from others



REMEMBER

It's okay to feel stressed sometimes. What matters is how you manage it. Small steps can make a big difference.



YOU MATTER.
LOOK AFTER YOUR MIND.
YOUR WELLBEING COMES FIRST.



NEED HELP OR WANT TO LEARN MORE?

We can help you build your resilience and wellbeing with our resources, guidance and training. Get in touch with Drae & Dre Collective CIC for support.



VISIT OUR WEBSITE
www.draeanddre.com



BETTER WELLBEING
BETTER YOU
BETTER OPPORTUNITIES