

9 Top Tips For Stress Management

- 1. Set An Intention For The Day:**
How do you want yours to go? It's amazing how this sets the tempo for the rest of your day.
- 2. Breathe!** It's good to breathe. Take 1 minute 'stop-moments' regularly during the day and do this easy breathing exercise: **Breath IN** to the count of four; **HOLD** your breath for the count of four; **Breath OUT** for the count of four and **HOLD** your breath for the count of four. This allows the brain to switch modes. If you are focusing on something that is causing you any stress, it will transform it.
- 3. Eat Well And Healthily.** Give your digestion time to digest what you have eaten; this also helps your weight. **Don't eat late at night. Avoid stimulants** like coffee and diet drinks. **Drink more water.** It is important to be hydrated, if you are dehydrated, your brain will become fatigued and it becomes difficult to concentrate. **Exercise.** Walking helps to relieve tension and free the mind. **Make a plan** to walk several times during the week.
- 4. De-clutter your head!** When you are feeling overwhelmed it is important to de-clutter your mind. Don't try to carry all your "to do's" in your head. **Make a list** and then **clearly prioritise** what is important that needs your attention today. The rest can wait until you have cleared that list. Tomorrow, make a fresh one.
- 5. Prioritise to Make a Difference.** If you feel stress building up ask yourself "What is the **one thing I can do right now** that will make a difference?" and then do it, before you get sidetracked.
- 6. Meet a friend.** Take time out and share it with a friend over a meal, or a drink, or go walking together.
- 7. Treat Yourself!** Let yourself feel special. Combine a massage with a session in a flotation tank (www.float.ie). Have a bath instead of a shower and take the time to relax and soak. Don't just jump in and out!
- 8. Get Some Rest.** Go to bed before midnight so your body will have quality sleep. Aim for at least 7-8 hours. Don't read work related material late at night. Allow your brain to switch off by reading something light or watching some entertaining TV (not the news!).
- 9. Re-Write The Script!**
Take some time to listen to the thoughts that repeat in your head and the words that come out of your mouth. Are you telling your friends or colleagues what a bad day you've had, or how your boss/ parent/ partner ignore your wishes? Are you piling more jobs on yourself and telling yourself I HAVE TO do this, then wondering why you are exhausted?

Make an intention to change the story...

Life is not a rehearsal! So, whose script are you acting out? Do you want to live your life telling yourself this same old story? No?

...then, Change The Script!

Start telling yourself YOUR fabulous stories. Begin by choosing what YOU want YOUR life to look and feel like:

- I CHOOSE to be happy
- I CHOOSE to earn money doing something I really enjoy.
- I CHOOSE to be full of confidence.
- I CHOOSE to have wonderful holidays.
- I CHOOSE to have wonderful friends who support me.
- I CHOOSE to love my life.
- I CHOOSE... _____
- I CHOOSE... _____