

STRESS MANAGEMENT

PART II - TIPS TO MANAGE STRESS

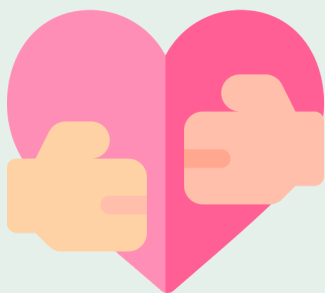


PLAN YOUR TIME WELL

- ✓ Plan your day with a **to-do list**
 - 💡 Write down all the tasks that need to be completed
 - 💡 Identify important tasks to complete first, click [here](#) to learn about prioritising
- ✓ Mark out **important dates** (eg. family weekends and activities)

BE REALISTIC ABOUT YOUR GOALS

- ✓ Set **realistic** and **achievable** goals
- ✓ Choose your work according to your own abilities and interests



THINK POSITIVE, LOVE YOURSELF

- ✓ Thinking positively helps in seeing challenges differently
 - 💡 See the situation as an opportunity instead of an obstacle
- ✓ Be happy and content with who you are
 - 💡 Click [here](#) to learn on how to improve your self-esteem

MAKE SOME TIME FOR YOURSELF

- ✓ Set aside time for yourself regularly
 - 💡 Participate in your favourite activities or pick up a new hobby
- ✓ Take short breaks in between your work
 - 💡 Get up and stretch or go out for a walk

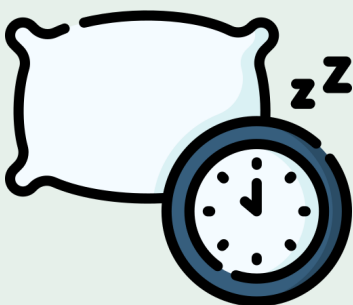


SPEND TIME WITH YOUR FAMILY & FRIENDS

- ✓ Set aside time for your family and friends
 - 💡 Initiate family outings or gatherings with your friends
 - 💡 Give your family and friends a call or video call (even better!)
- ✓ Your family and friends can provide you with love and support in times of need

STAY PHYSICALLY HEALTHY

- ✓ Exercising regularly keeps you fit, helps to destress and improve your mood
 - 💡 Click [here](#) to learn more about physical activities and some easy exercises!
- ✓ Have a balanced diet to keep you strong and healthy
 - 💡 Click [here](#) to ensure sufficient nourishment to sustain energy throughout the day



GET ENOUGH SLEEP

- ✓ Get 7 hours of sleep every night
 - 💡 Click [here](#) to learn how to sleep better
- ✓ Sufficient sleep allows you to be more productive, focus better and deal with stressful situations more effectively

LEARN RELAXATION TECHNIQUES

- ✓ Relaxation is good for your mind
- ✓ Some easy relaxation techniques you can practise are Progressive Muscle Relaxation and Deep Breathing
 - 💡 Click [here](#) to learn about The Art of Relaxation

