We all use unhelpful coping strategies sometimes, but as with any skill we can learn new, helpful coping strategies.

Here's some self-care tips to help protect against stress:





Get moving! Physical and mental health are connected — so eat well and exercise to release endorphins. Find a fun activity that suits you and your schedule.



Overdoing it on sugar, caffeine or alcohol they're a quick fix which can increase stress in the long term.

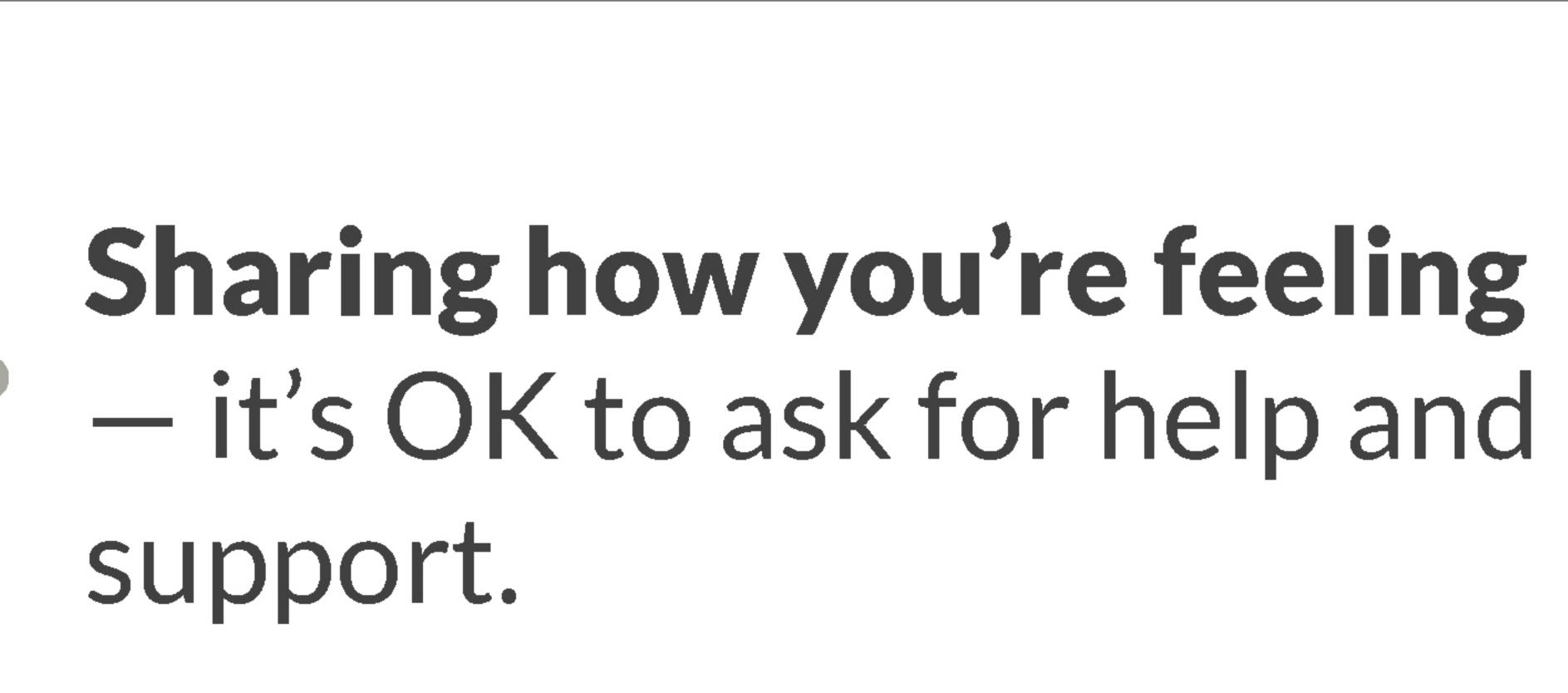




Setting aside time to have fun or indulge yourself positive emotions can help build a buffer against stress.



Learning a new skill whether painting, playing guitar or a new language.



Switching off from distractions make time for yourself as a regular part of your routine. Schedule a

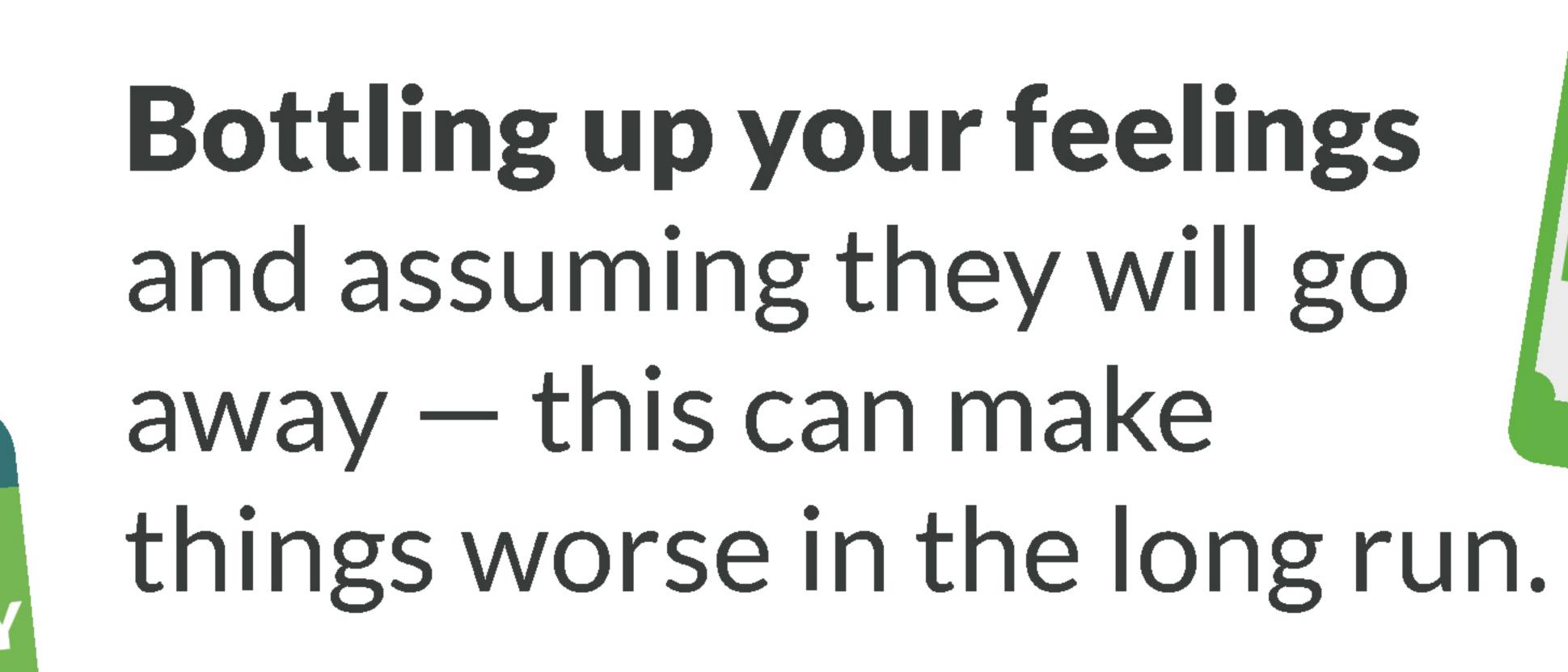
reminder if you need to.

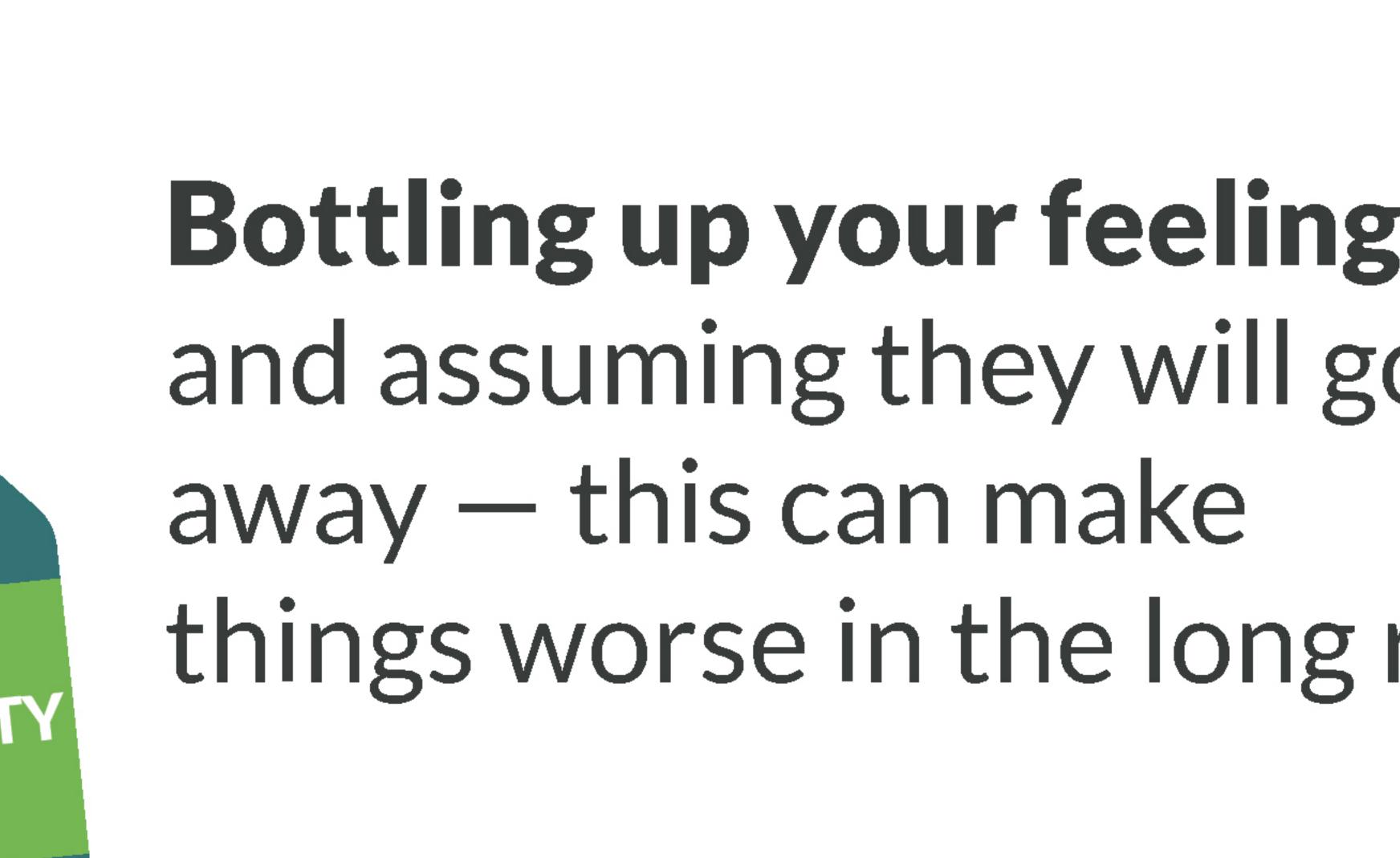


Overworking and checking your emails out of hours we all need time to unwind.

Spending too much of your free time in front of a screen — phone included. Don't feel pressured to always be 'doing' something.

Chasing perfection it can create unrealistic expectations. Accept that mistakes will happen.





There are simple steps you can take to #AddressYourStress. Check out our resources at mhfaengland.org

