

How to reduce stress and anxiety

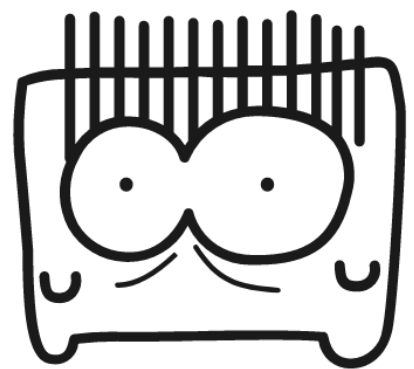


1.) ACCEPT HOW YOU FEEL

It's normal to have a full spectrum of emotion Acceptance is the first step to effective management and helps keep things in perspective

2.) RECOGNISE YOUR TRIGGERS

Look for a pattern in your thoughts to help you identify potential triggers that you can avoid or reduce your exposure to



3.) REMEMBER WHAT HELPED IN THE PAST

If anxiety and overwhelm are repeat offenders what have you used in the past that helped bring things back under control?

4.) ENGAGE IN SELF CARE

Self care is never selfish Check you're getting enough sleep, downtime, exercise and healthy food



5.) REACH OUT TO OTHERS

It's hard to deal with high stress and anxiety alone
Talk to a trusted friend and ask for help if needed

DR. JENNY
BROCKIS