

15 TIPS TO REDUCE STRESS

A GUIDE FOR BUSY PEOPLE

LIFE CAN GET PRETTY BUSY, AND WITH A BUSY LIFE TYPICALLY COMES STRESS. HOWEVER, BUSYNESS IS OFTEN THE VERY REASON WHY PEOPLE DON'T TAKE STEPS TO REDUCE THEIR STRESS! WITH THAT IN MIND, WE'VE DISTILLED THE RESEARCH DOWN TO 15 PRACTICAL TIPS THAT BUSY PEOPLE CAN ACTUALLY USE.

+ MIND

1. Unexpected daily hassles can crop up, so **BE PSYCHOLOGICALLY FLEXIBLE** so you can roll with the punches.
2. As it's our perception of events that cause stress **CHECK YOUR THOUGHTS** to see if you're interpreting situations appropriately or if your self-talk is ramping up your stress levels.
3. Is the way that you think adding to your stress levels, be it catastrophising, mind reading, and focusing on negatives rather than positives? If so, look to **CHANGE YOUR UNHELPFUL THINKING STYLES**.
4. **PRACTISE ACCEPTANCE** so you can come to terms with outcomes that are beyond your control, rather than battling to fix things over which you have no influence.

+ BODY

5. Develop a **REGULAR SLEEP ROUTINE** so that your body is well-rested, your mood is manageable, and your mind is clear.
6. **MANAGE YOUR DIET** to give your body a sustained amount of energy throughout the day.
7. **BE SENSIBLE ABOUT DRUGS AND ALCOHOL USE** so that you can stay focused and avoid a hangover the next day.
8. To counteract the stress that builds up over time, **EXERCISE REGULARLY**.
9. **BREATHE FOR RELAXATION** - it's a remarkably simple, portable, and effective technique to help manage stress.

+ HEART

10. Set aside time on a regular basis to **RECHARGE YOUR BATTERIES** so that you're better equipped to cope with life.
11. **PRACTISE MINDFULNESS** to help you live more in the moment and to connect better with others.
12. Reassess where you're heading in terms of your goals and whether they're helping you to **LIVE A MEANINGFUL LIFE**.
13. **DO THINGS YOU ENJOY** so that you get a buzz in your mood and a spring in your step.

+ ROUTINE

14. Put strategies in place to **MINIMISE DAILY HASSLES** that cause you the most stress. It may be something as simple as making meal plans to minimise the time spent stressing over what to cook each night.
15. Procrastination and frustration over inefficiencies can contribute to stress, so **LEARN SKILLS TO IMPROVE PRODUCTIVITY** to make your days run smoother. Examples of such skills include time management and goal setting.

SOURCES

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