

# FACTSHEET

## TOP TIPS FOR STRESS REDUCTION

### 1) GOOD NUTRITION

- a. Feed your brain
- a. Eat a good breakfast
- b. Prep food in advance
- c. Have a meat free day
- d. Try intermittent fasting (e.g 16:8)



### 2) NO SNACKING!

- a. Don't sabotage all your good work throughout the day by snacking in the evening!

### 3) GOOD SLEEP

- a. Aim for 8 hours deep sleep per night
- b. Get an early night!
- c. Download your brain before you sleep!



### 4) GET OUTSIDE WITH NATURE

- a. Walk with dog
- b. Wrap up whatever the weather
- c. Try earthing

### 5) GET OR BORROW A PET

- a. Walk your dog
- b. Stroke your pet
- c. Cuddles with your pet

### 6) HELP OTHERS

- a. Find a buddy
- b. Help a neighbour
- c. Form a bond with someone new

### 7) JOIN A COMMUNITY

- a. Join the gym
- b. Work for a charity
- c. Join a fitness/Pilates class

### 8) MEDITATE EVERY DAY

- a. Focus on yourself for a few minutes a day

### 9) TRY ANTI-ANXIETY BREATHING

- a. Breathing strategy for stressful situations

### 10) TOP UP YOUR VITAMIN D

- a. Get out in the sunshine
- b. Take Vitamin D supplements in the winter.

