

Top 10 Things You Should Know About...

REDUCING STRESS

1. Don't sweat the small stuff. You'd be surprised how much of what we stress about is either inconsequential, beyond our control, or just not worth it in the grand scheme of things.
2. Try not to take things too personally.
3. Turn your negative thoughts into positive ones as soon as you become aware of them. It may be helpful to imagine a big "STOP" sign whenever you start thinking negatively. Remember, you are what you think!
4. Don't assume anything. You can never really know what anyone else is thinking or intending.
5. Get some exercise. This creates very powerful "feel-good" hormones that reduce stress.
6. Smile. This one little act can shift your whole being by releasing hormones that make you feel good, lower your blood pressure and calm you down.
7. Relax. Life can be so busy that we forget what it's like to take a timeout.
8. Connect with nature. Going for a walk and paying close attention to what surrounds you can be very relaxing. Take time to "smell the roses" – it helps get you back in touch with the big picture.
9. Try to eat healthy foods and consume less caffeine and sugar. You'll be surprised how much better you feel!
10. Spend time doing things you love. Whether it's hanging out with friends and family, reading a book or playing your favourite sport - make these activities a priority.



If you're feeling stressed out, talk to your Case Coordinator about what workshops and resources can help you relax and find peace in your life.