

**to reduce your stress try some or all of the following.....**

- Back Massage
- Yoga
- Indian Head Massage
- Regular Exercise
- Long Walks At The Weekend
- Brisk Walks At Lunchtime
- Laugh Out Loud
- Take Time For Lunch
- Take Stock – What Is Really Important To You?
- Make Time For Your Family
- Tai-chi
- Learn Some Breathing Exercises
- Have a 5 Minute Break
- Make Time For You
- Reflexology
- Meditation
- Seek Out a Mentor
- Prioritise Your Workload And...  
...Break It Down Into Small Manageable Chunks
- Take Up (And Make Time For) a Hobby
- Don't Sweat The Small Stuff (And Most Of It Is Small)
- Phone a Friend



**also try and avoid**

- Fatty/Sugary Foods
- Alcohol
- Caffeine
- Over-working
- Back-to-Back Meetings
- Rushing Around



- Doctors
- Dieticians
- Alternative Therapists
- Beauty Therapists
- Leisure Centres
- EBCDA (Mentoring Information)
- Religious Centres/Leaders
- Samaritans
- Specialist Charities and  
Community Organisations

**organisations & professionals who can help**

“The time to relax, is when we don't have time for it.”



**Stressbusters Guide to Stressbusting**

Produced by East Belfast Community Development Agency



**Stress is when any event or situation makes heightened demands on a person's mental or emotional resources.**

**what is stress?**

- Money Worries
- Long Working Hours
- Driving
- Your Working Environment
- Your Living Environment
- Pressure of Work
- Community Tensions
- Your Boss
- Your Diet
- Family
- Your Children
- Lack of Exercise
- Not Being Able to Say No to People
- Stimulating Drinks

**what may cause stress for you**



**self check your stress are you any of the following:**



- Constantly Tired
- Unable to Switch off
- Angry/Irritable
- Not Sleeping Properly
- Depressed
- Suffering From Mood Swings
- Feeling Unable to Cope
- Overweight
- Prone to Frequent Headaches
- Ignoring Problems at Home
- Ignoring Problems at Work
- Apathetic
- Having Difficulty Relaxing
- Suffering Panic Attacks
- Always Negative
- Increasingly Suffering from Failing Health
- Feeling Worthless
- Unable to Concentrate



If you answered yes to any of these you may be experiencing stress.....

But don't worry - you can do something about it! Turn this leaflet over and begin de-stressing today!

