to reduce your stress try some or all of the followng.....

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

Learn Some Breathing Exercises

Have a 5 Minute Break

Make Time For You

Reflexology

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 Alcohol Caffeine Over-working Rushing Around

Fatty/Sugary Foods

Back-to-Back Meetings



organisations & professionals who can help



Stressbusters Guide to Stressbusting

Produced by East Belfast Community Development Agency







Money Worries Long Working Hours

Your Working Environment

Your Living Environment

Pressure of Work

Community Tensions

Not Being Able to Say No to People

what may cause stress for you











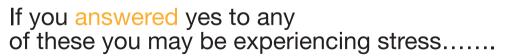


- O Unable to Switch off
- O Angry/Irritable

are you any of the

following:





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

















