



EXHALE

Exercise for Health, Achievement, Lifestyle and Energy

COPING WITH STRESS AND ANXIETY

STRATHCLYDE SPORT

Eat Healthily

Eating a balanced diet will give you all micronutrients needed to allow the body to cope with day-to-day stressors.



Move More Sit Less

Physical activity can help increase the endorphins from the brain. So just taking a short walk can decrease levels of tension, elevate and stabilize mood, improve sleep and self-esteem.



Connect with Others

Social support with people you can trust, make you feel safe can lower the body's stress-related responses. Just having that connection with someone can make you feel calmer.



Stress is a reaction from a burden or demand on us which requires the body to respond, this is a normal part of life. It can be a protective mechanism and a driver. When the demands start to pile up and get overwhelming, or uncontrollable this is where it can take affect on our mental health and cause anxiety. So it is important to put in strategies to help us cope better with stress before it starts to overwhelm us.

Valuable Tools:



headspace



for Scotland's mental health

Get Enough Sleep

Lack of sleep can exacerbate stress and anxiety. Aiming for 7-8 hours of sleep, people have improved mood, stay calmer and react less strongly to negative situations.



Practice Self-Care

Looking after yourself physically and emotionally can reduce stress, taking time out of your daily stressors can help lift your mood.



Engage in Relaxation or Mindfulness

Relaxation and mindfulness techniques can help your body to relax and your body to achieve state of calm and positive emotions, all great ways of reducing stress.

