

BUILDING RESILIENCE AGAINST STRESS

1

APPRECIATION

Play your favourite song or think about something or someone that you appreciate or something that makes you smile or laugh.

2

BE MINDFUL

Practice some regular form of relaxation, mindfulness or meditation on a regular basis.

3

GOOD DIGESTION

Focus on your food rather than work through your lunch break and eating your meals on the go.

4

SPEND TIME IN NATURE

Make sure you spend time outdoors in nature in the bush or at the beach.

5

NURTURE YOUR SOUL

Take time out each day to do things you love, and spend time with those you love. Also, don't forget to give yourself some quality time alone.

6

DISCONNECT FROM TECHNOLOGY

Disconnect from electronic devices (eg mobile phones, iPads, computers, wireless routers etc)

7

KEEP MOVING

Do some form of regular exercise at least four times per week.

8

GET HELP

Seek help if you are overwhelmed by stress, anxiety, mood swings or low energy.

