

We all use unhelpful coping strategies sometimes, but as with any skill we can learn new, helpful coping strategies.

Here's some **self-care tips** to help **protect against stress**:

# #ADDRESS YOUR STRESS

## Try

**Get moving!** Physical and mental health are connected — so eat well and exercise to release endorphins. Find a fun activity that suits you and your schedule.

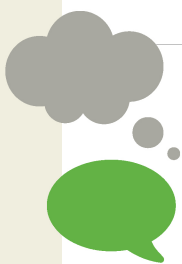


**Setting aside time** to have fun or indulge yourself — positive emotions can help build a buffer against stress.

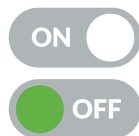
**Learning a new skill** — whether painting, playing guitar or a new language.



**Sharing how you're feeling** — it's OK to ask for help and support.



**Switching off from distractions** — make time for yourself as a regular part of your routine. Schedule a reminder if you need to.

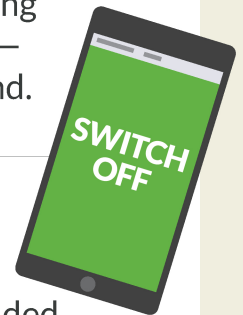


## Avoid

**Overdoing it** on sugar, caffeine or alcohol — they're a quick fix which can increase stress in the long term.



**Overworking** and checking your emails out of hours — we all need time to unwind.



Spending **too much of your free time** in front of a screen — phone included. Don't feel pressured to always be 'doing' something.

**Chasing perfection** — it can create unrealistic expectations. Accept that mistakes will happen.



**Bottling up your feelings** and assuming they will go away — this can make things worse in the long run.



There are simple steps you can take to **#AddressYourStress**. Check out our resources at **mhfaengland.org**