



Start Living **STOP** Stressing!

YOUR TOP 10 KEY STEPS TO STRESS-FREE LIVING

This leaflet has been produced by the
International Stress Management Association UK

Promoting Stress Prevention and Wellbeing

w: www.isma.org.uk

e: admin@isma.org.uk

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Start Living



1. START PUTTING YOURSELF FIRST

If you eat and drink healthily, schedule regular physical activity that you enjoy & manage your time effectively, you'll be in a better position to help others

2. START PRIORITISING TASKS

There are only so many things we can do well during each day, so choose your top 3 most urgent tasks each morning and make them your priority. Reschedule, renegotiate your commitments or delegate – you can make it happen!

3. START MAKING TIME TO RELAX AND MENTALLY UNWIND

Relaxation, breathing and meditation exercises have been proven to be effective in reducing stress and anxiety, they are ideal ways to switch off AND they boost your immune system. Just a few minutes a day will pay huge dividends

4. START EMPATHISING WITH OTHERS

Many different styles of behaviour affect how we communicate with others. Be aware that different people can perceive your words and actions in ways you didn't always intend. Take time to listen to others and look for solutions

5. START LIVING LIFE TO THE FULL

Bring some fun into your life and spend a few minutes each day appreciating the good things you have in your life. This will help you to see opportunities for growth and learning, even in challenging situations

STOP Stressing!



6. STOP IGNORING YOUR NEEDS

Know what is expected of you and what is reasonable. Take short breaks throughout the day and know when and how to say 'No', both at work & home

7. STOP GETTING DISTRACTED

If you're experiencing too much pressure or just have a lot going on in your life, staying focused isn't easy. It may help to ask colleagues or friends for support, and prioritise urgent tasks over non-urgent tasks

8. STOP ALLOWING OTHERS TO MAKE YOU FEEL INFERIOR

The key to stress-free living is to accept yourself for exactly who you are, including past mistakes and things you might not be so proud of. Work on your self-belief and confidence and just go for it!

9. STOP BEING JUDGMENTAL

Try to adopt a more flexible style of thinking which will improve your mental well-being, whilst reducing unnecessary pressure, for you and those around you. Practise being objective and understanding.

10. STOP AVOIDING THE THINGS YOU LEAST WANT TO DO

We often put off tasks that can become a recipe for worry. Take control, and promise yourself a reward when a task is done

Always consult your GP if you are concerned about your health

KNOWLEDGE ON ITS OWN WON'T MAKE ANYTHING CHANGE

WHAT MAKES IT COUNT IS PUTTING IT INTO ACTION!