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

AVOID

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 in yourself— positive emotions can help build a buffer against stress.
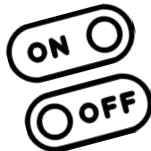
Learning a new skill — whether it's painting, playing guitar or a new language.

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.

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

**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.

ANXIETY FEAR ANGER
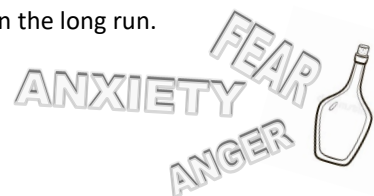
These are simple steps you can take to **#AddressYourStress**

the ZONE