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:



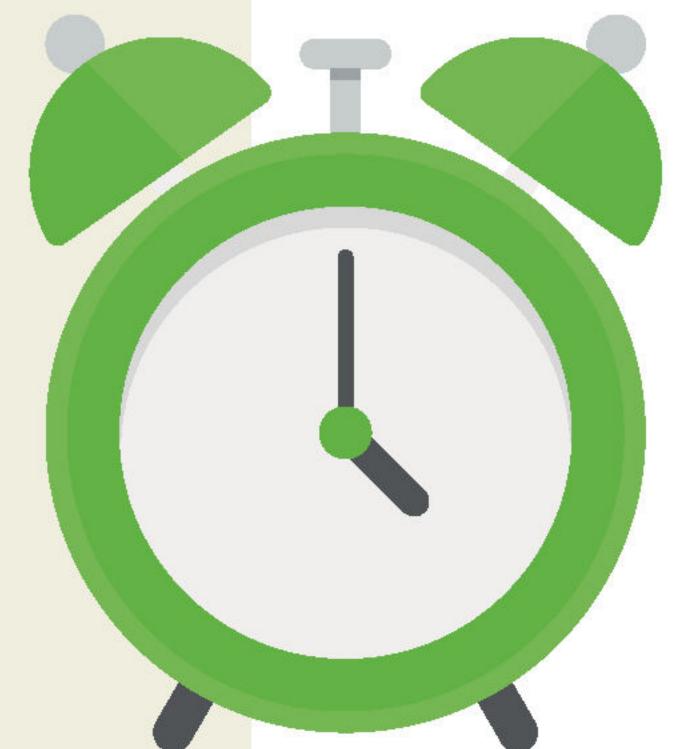


Get moving! Physical and mental health are connected — so eat well and exercise to release endorphins. Find a fun activity that suits you and your schedule.



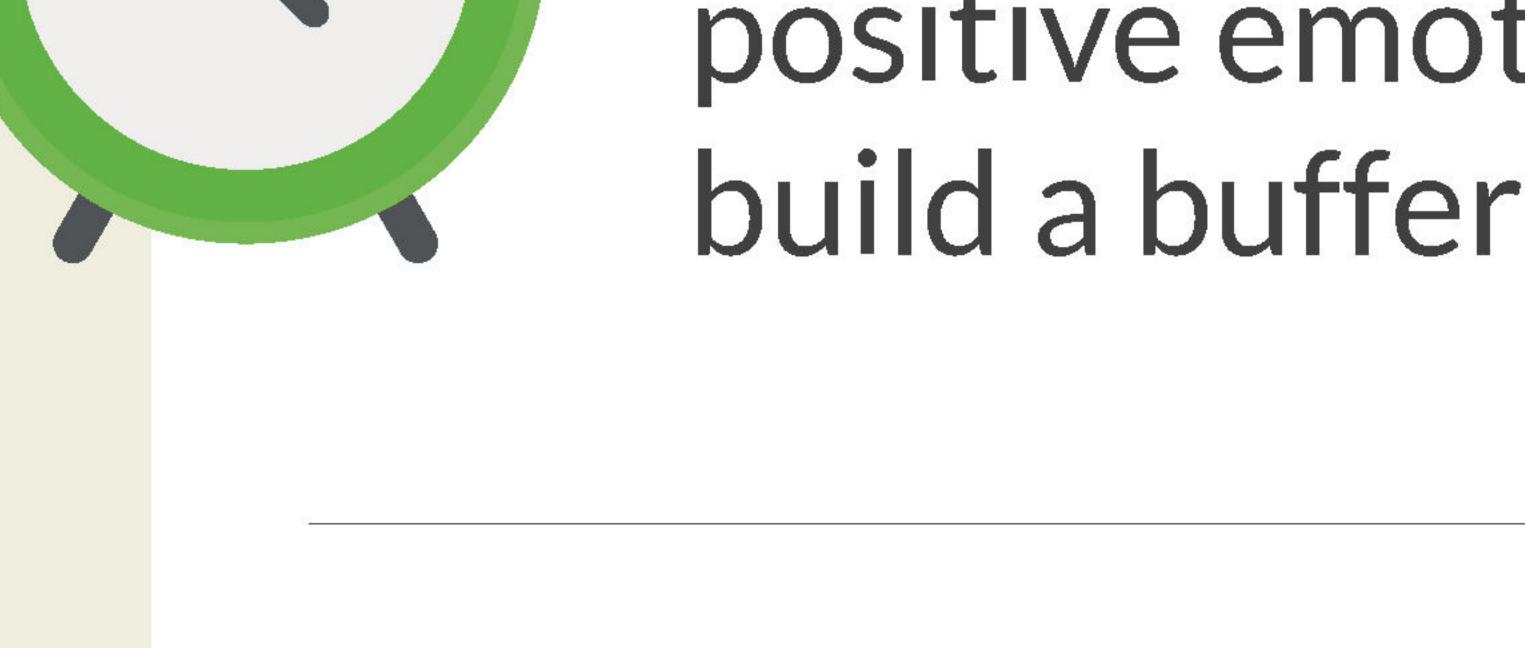
Overdoing it on sugar, caffeine or alcohol they're a quick fix which can increase stress in the long term.





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

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



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

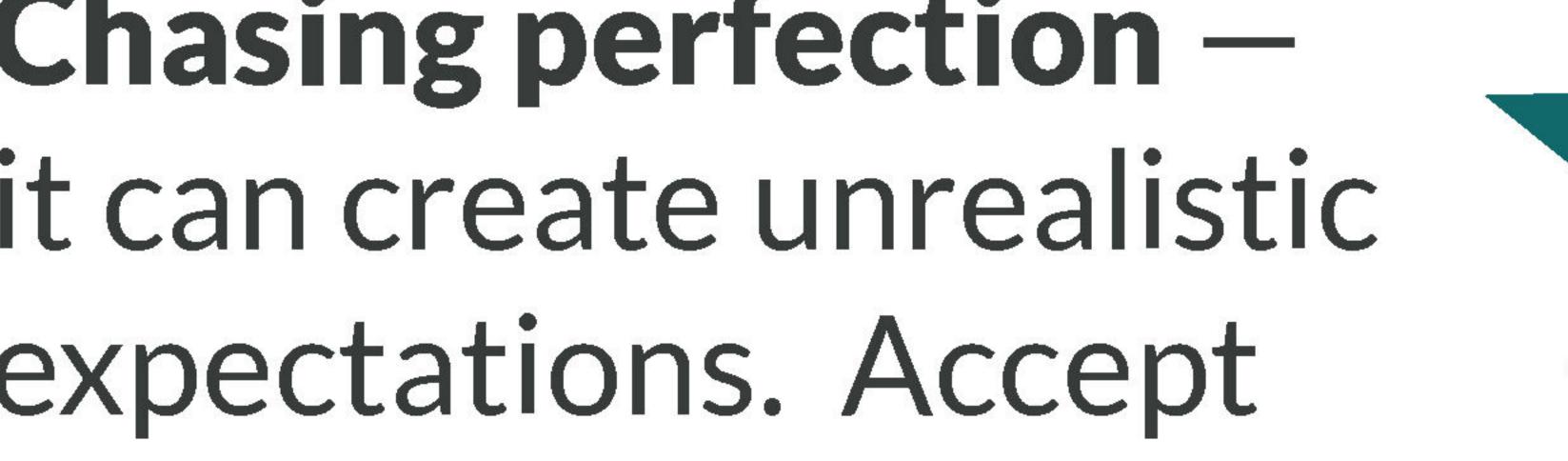


Spending too much of your free time in front of a screen — phone included. Don't feel pressured to always be 'doing' something.



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

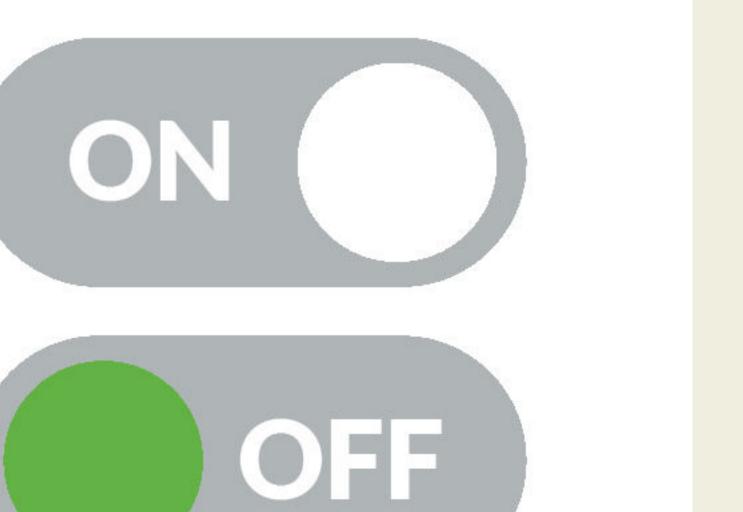
Chasing perfection it can create unrealistic expectations. Accept that mistakes will happen.





Switching off from distractions —

make time for yourself as a regular part of your routine. Schedule a reminder if you need to.



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

