

Tips for managing stress

Why not give our crossword a go and try these practical self-care tips, as they might make a big difference.

1 Try positive thinking

Positive thinking can help with stress relief, so take time to think about the good things in your life. Each day, list 3 things you're thankful for, however small.



2 Talk to someone

Trusted friends, family and colleagues, or contacting a helpline, can help us when we are struggling.



3 Split up big tasks

You might feel less stressed if you can take practical steps, such as breaking a task down into easier, more manageable chunks. And give yourself credit when you finish a task.



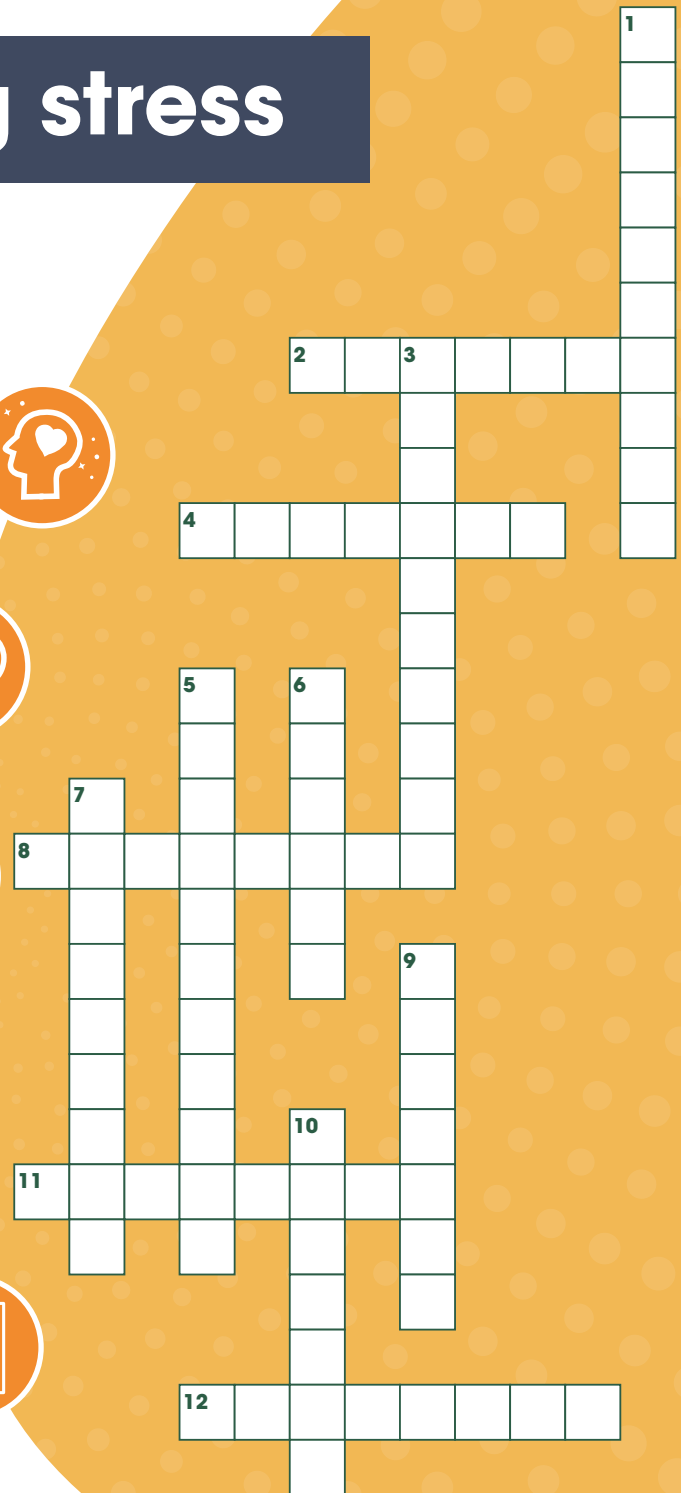
4 Be more active

Being active regularly can help you to burn off nervous energy, so it could be a way for you to deal with stress. Exercise might also help you manage or reduce stress.



5 Plan ahead

Planning ahead for upcoming stressful days or events – creating a to-do list, planning your journey and listing things you need to take can really help to relieve stress.



Across

2. Emotional or physical exhaustion caused by prolonged stress.
4. The state of being stretched tight, often associated with stress.
8. A time limit that can induce stress if not met.
11. The feeling of strain or urgency.
12. A factor or situation that causes stress.

Down

1. Time doing something that makes you happy and reduces stress.
3. The ability to bounce back from adversity or stress.
5. Being present and fully engaged in the current moment, often used as a stress reduction technique.
6. Strategies or mechanisms for dealing with stress.
7. Activities undertaken to improve physical and mental well-being, often to combat stress.
9. A state of uneasiness and fear.
10. Assistance or encouragement provided by others during times of stress.



Helping people
in horticulture
Perennial

Registered Charity Nos 1155156 | Scotland SC040180

For the crossword answers
and more ways to improve your
health and wellbeing head to:
perennial.org.uk/stress