



stress to  
**strength**<sup>®</sup>  
*Mastery over stress*

# Simple Stress Management Strategies

- Massage. This can start with rubbing your own temples, the back of your head above your neck, the back of your neck and massaging and lifting those muscles at the top of your shoulders
- Take a bath. “Oh, for goodness sake, I hear you say”. Still a bath is relaxing, especially with dim lights, candles and essential oils.
- Yoga and Tai Chi are brilliant
- Homeopathy is a favourite remedy for stress
- Regular exercise is one of the best stress busters. The walking daily for half hour is a great way to start. Look for lovely flowers and listen for birds, feel the sun and breezes through your hair
- Check your diet.
- Keep a diary or journal of your progress, not judging any steps backwards – the ‘human thing’ may happen. Work at writing 3 stress relief things you have done each day eg. Time out to breathe, take a bath
- Talk with a group going through what you are experiencing
- Write about whatever is bothering you. Write about what you see is causing your stress so you can work around that. Then, write some possible solutions
- Take up a new hobby or meet positive people somewhere new
- Give your pet some extra love and care. They can be so loving, unconditionally and trigger hormone responses in us.
- Help out with volunteer work. It can help us to see how others live and cope and move forward, and giving from our selves is healing for us. Our self esteem can lift when we are useful and giving
- Music can be wonderfully relaxing. Create your own playlists in Spotify. Nature sounds like whales and sounds of birds in the bush are particularly grounding
- Mentally, focus on what you CAN control, not what you can't. We need to say again, accepting '*what is*' is vital to our wellbeing, I know, 'easy for me to say'. I still urge you to put the past behind you every day as best you can with one or more of our tools, so you can make the most of this vital present moment
- Allow family, friends and strangers to help you. Say what you need, show you have a plan and are actioning it, and ask for specific help – the worst they might say is no. You are a worthy citizen of this planet and help is somewhere at hand. 'The P Word' always applies – Patience!
- Keep the family and friends generally in the communication loop so they don't worry about you. Let the children help where appropriate – and know that it's not their fault
- Simplicity really works
- A smile given first lights up the life of the giver and the receiver
- Goal for 3 'funs' a day
- Celebrate your wins