

EVE's Healthy Bite

Stress Management

Some Useful Ways of Coping



1



Exercise

Regular exercise will:

- Reduce anxiety
- Help you to take a step back
- Lift your mood
- Help clear your mind
- Build self-confidence

Stress Diary

- Identify stressful situations
- Keep note of date, time, place
- Use the diary to:
 - a. Know what triggers your stress
 - b. Know how effective you are under stress
 - c. Develop better ways of coping



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Food & Drink

- Eat at regular times
- Do not skip meals
- Eat a healthy balanced diet
- Reduce tea and coffee intake
- Avoid unhealthy ways of coping e.g. smoking and alcohol use

Sleep

- Ensure that you don't use technology 2 hours before you sleep
- Keep your bedroom temperature cool
- Keep your bedroom as dark as possible
- Reduce noise levels where possible



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Social

- Chatting with a friend can be helpful if you are feeling stressed
- Social support can help you to feel safe
- Social support can help you manage your stress