



## Stress Management

To avoid and manage stress, remember the six R's:

### RESPONSIBILITY

- You are in control
- Establish priorities
- It's okay to say "No".

### REFLECTION

- Know your stress triggers
- Be aware of your stress symptoms and early warning signs
- Check the balance in your life.

### RELAXATION

- Do something enjoyable
- Schedule 'time out' and do it
- Allocate specific time to worry-put limits around it.

### RELATIONSHIPS

- Maintain supportive relationships
- Spend time with positive people
- Don't forget to develop your relationship with yourself.

### REFUELING

- Eat a balanced diet – with plenty of fibre, fruits vegetables, low cholesterol
- Be aware of toxins – caffeine, nicotine, fats, processed foods
- Drink plenty of water.

### RECREATION

- Have fun
- Laugh
- Enjoy yourself!

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