How to deal with STRESS

Deal with tensions before they become too severe.

Try and avoid stressful situations.

Plan your work efficiently.

Don't be too ambitious.

Be realistic: don't set too high standards for yourself.

Avoid too many changes at any one time.

Quiet exams in progress.

I don't need an 'A' in every subject.

New partner? New house? New job?

New month!

Learn to relax; take up yoga or meditation.

Distract yourself.

Exercise regularly.

Talk problems over with a partner or friend.

Pamper yourself.

Take a break - chill out!

You can do a lot to keep tension within normal limits.
What is stress?

Where to get help

Your GP's Surgery
Doctor
Practice Nurse
Health Visitor

NHS Direct Health Information Service
(For local contacts)
Tel: 0845 464 47
www.nhsdirect.nhs.uk

MIND Information Line
Tel: 08457 660163
www.mind.org.uk