We all use unhelpful coping strategies sometimes, but as with any skill we can learn new, helpful coping strategies.

Here's some **self-care tips** to help protect against stress:





Get moving! Physical and mental health are connected – so eat well and exercise to release endorphins. Find a fun activity that suits you and your schedule.





Overdoing it on sugar, caffeine or alcohol they're a quick fix which can increase stress in the long term.





Setting aside time to have fun or indulge yourself positive emotions can help build a buffer against stress.

Overworking and checking your emails out of hours – we all need time to unwind.



Learning a new skill –

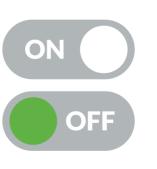
whether painting, playing guitar or a new language.



Sharing how you're feeling - it's OK to ask for help and support.

Switching off from distractions –

make time for yourself as a regular part of your routine. Schedule a reminder if you need to.



your free time in front of a screen – phone included. Don't feel pressured to always be 'doing' something.

Chasing perfection – it can create unrealistic expectations. Accept

that mistakes will happen.



Bottling up your feelings and assuming they will go away – this can make things worse in the long run.

There are simple steps you can take to **#AddressYourStress**. Check out our resources at **mhfaengland.org**

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