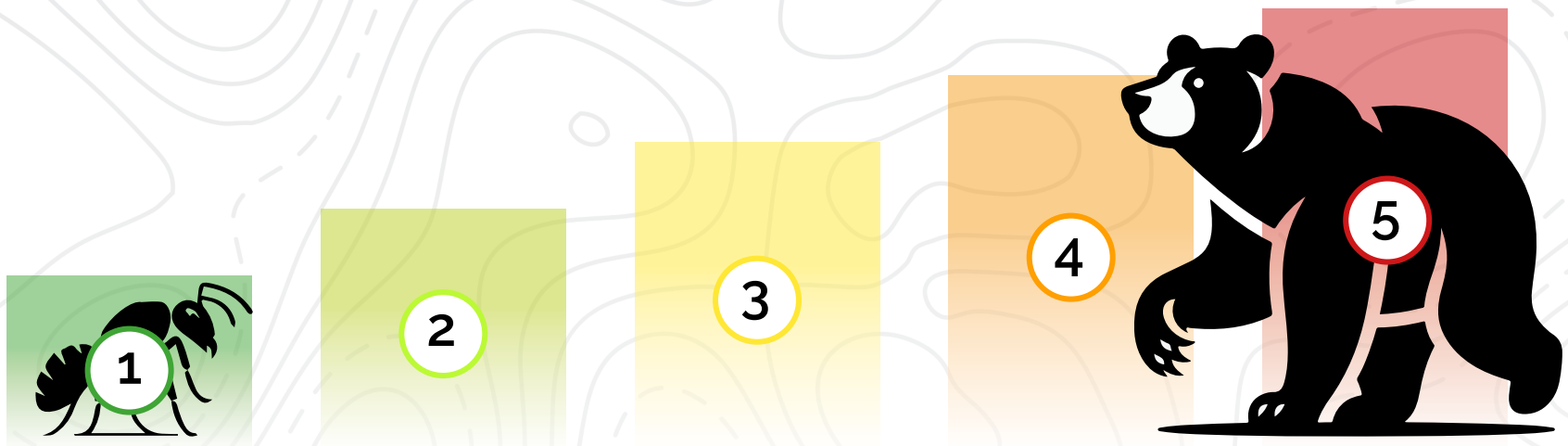
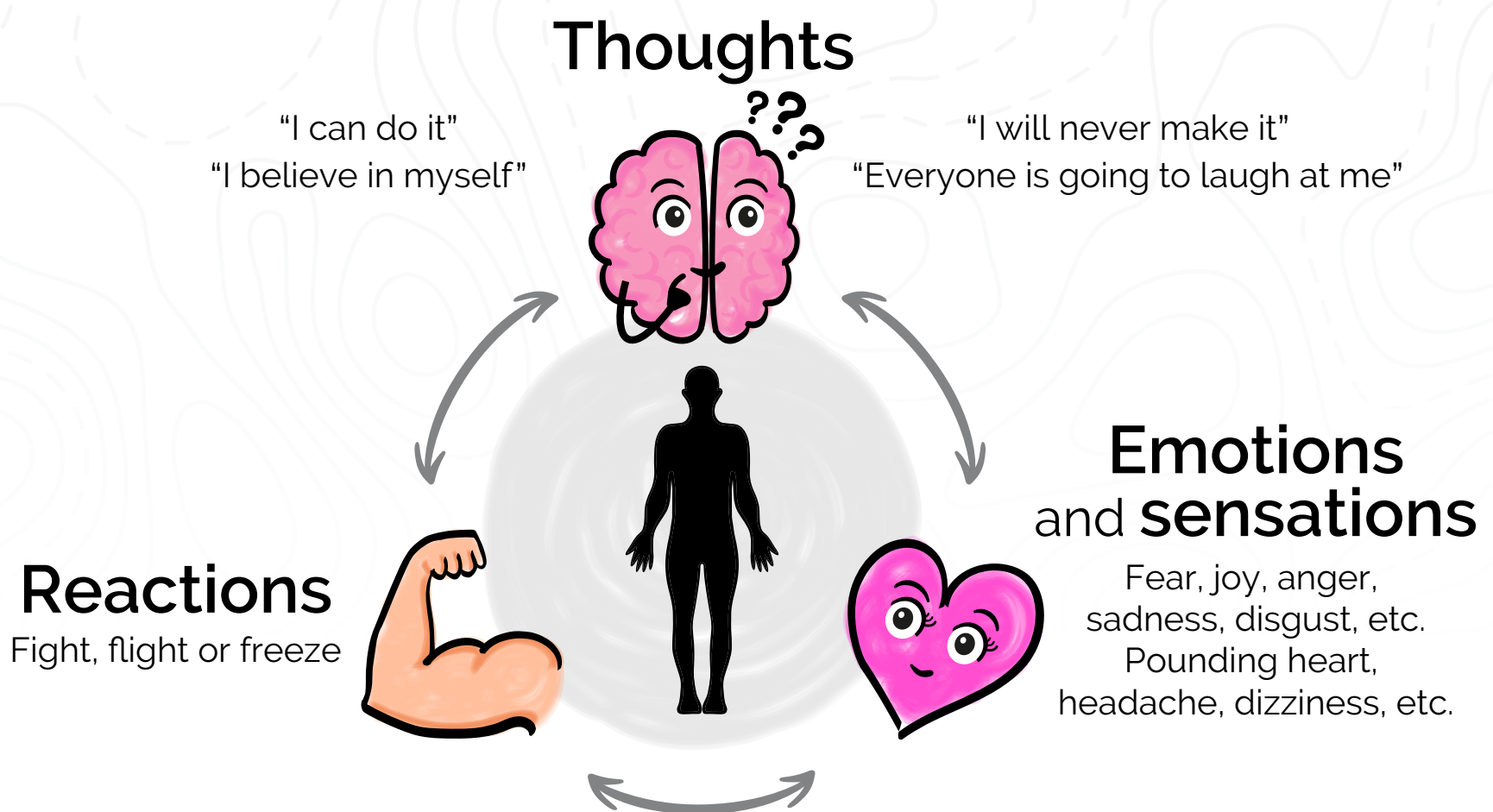


Managing Stress

1. What is your stress **level** when faced with this situation?



2. Observe your stress **signals**



3. And most importantly... Find your OWN **strategies!**

- ▶ Stop, breathe
- ▶ Take a step back, get perspective
- ▶ Do some exercise, yoga or art
- ▶ Practise mindfulness
- ▶ Listen to gentle music
- ▶ Write in a diary or journal
- ▶ Spend time in nature (forest, garden)
- ▶ Talk to someone about your stress