

10 Tips to Stress Less

Say no when you need to

take a break

celebrate when things go well

Share something that makes you laugh

offer a helping hand

Play your favourite song or listen to a podcast

take time to exercise

be proud of who you are!

Try drawing, colouring or sudoku, all good for the mind

try breathing exercises or meditation

April is
stress awareness month



unum
Help
@
hand

YOUR WELLBEING
Mind | Health | Money | Life

