10 Tips to Stress Less

Say no when you need to

offer a helping

hand

take a break

celebrate when things go well

Share something that makes you laugh

Play your favourite song or listen to a podcast

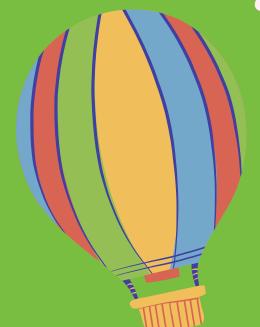
take time to exercise

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







YOUR WELLBEING Mind | Health | Money | Life





