

SIX R'S FOR STRESS MANAGEMENT

RESPONSIBILITY

- ❑ You are in control
- ❑ Establish priorities
- ❑ It's okay to say "No"



REFLECTION

- ❑ Know your stress triggers
- ❑ Be aware of your stress symptoms and early warning signs
- ❑ Check the balance in your life

RELAXATION

- ❑ Do something enjoyable
- ❑ Schedule 'time out' and do it
- ❑ Allocate specific time to worry-put limits around it



RELATIONSHIPS

- ❑ Maintain supportive relationships
- ❑ Spend time with positive people
- ❑ Don't forget to develop your relationship with yourself!



REFUELING

- ❑ Eat a balanced diet –with plenty of fibre, fruits vegetables, low cholesterol
- ❑ Be aware of toxins – caffeine, nicotine, fats, processed foods
- ❑ Drink plenty of water



RECREATION

- ❑ Have fun
- ❑ Laugh
- ❑ Enjoy yourself

