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.



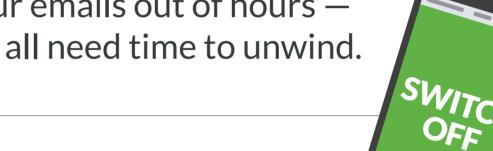
Overdoing it on sugar, caffeine or alcohol they're a quick fix which can increase stress in the long term.





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.



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



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

Chasing perfection it can create unrealistic expectations. Accept that mistakes will happen.



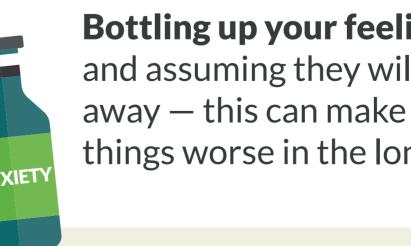
Switching off from distractions —

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



Bottling up your feelings and assuming they will go

things worse in the long run.





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