

NO-STRESS NOVEMBER: WAYS TO REDUCE STRESS

STAY...

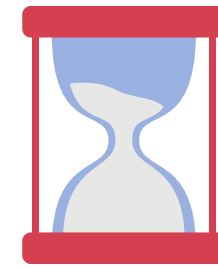


Connected with loved ones



Hydrated

REMEMBER...



Stress will pass

AVOID...



Alcohol and caffeine



Comparing yourself to others

TRY...



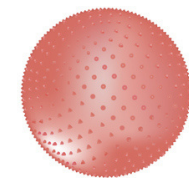
Calming herbal teas



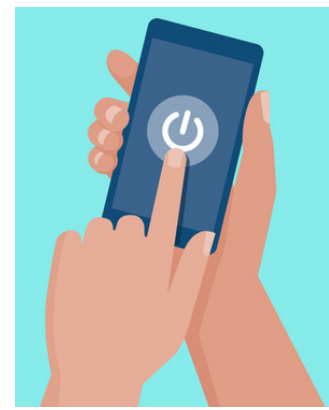
Essential oils



Yoga and meditation



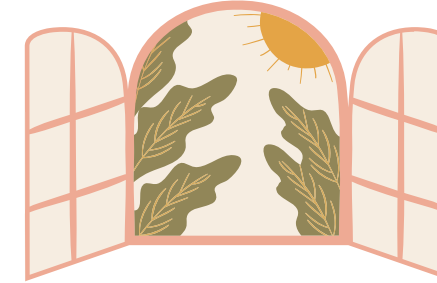
Stress Balls



Digital detox



A reflection journal



Getting more fresh air



Calming music



Diaries/calendars for organisation



Using positive mantras.

DO...



Eat healthily



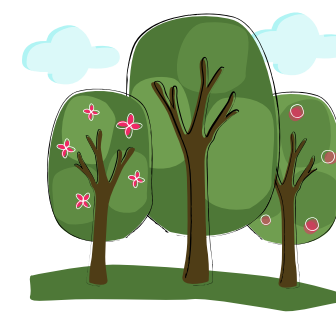
Exercise daily



Break tasks down.



Smile often



Spend time outside



Declutter & tidy



Write down 10 things you're grateful for



Say no when you need to.



Take baths to improve blood flow and energy



Stick to your schedule



Invest time in your hobbies



Prepare the night before

GET...



Creative



Reading



Enough sleep