

Enjoy Life More

Make stress work for you.

Stress is a normal part of everyday life, but at times it may feel out of control. Take a break from demands and schedules to recharge your energy and your mind.

Be mentally healthy every day

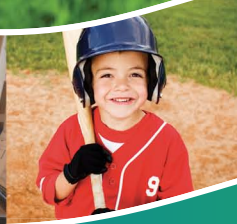
- Reduce tension by breathing
- Enjoy things that are important to you
- Learn something new
- Appreciate yourself and others
- Deal with things that bother you
- Ask for help if you need it

Discover what causes you stress and why.
Decide what can be changed and make a plan.

10 Tips to Manage Stress

1. Accept the moment as it is and just breathe
2. Plan ahead (make a list)
3. Eat healthy
4. Walk, dance or run – activity makes you feel better
5. Listen to music
6. Accept yourself and others
7. Start or expand on a hobby
8. Schedule time with others
9. Talk with a friend
10. Figure out what is truly important to you

Everyone needs help sometimes. If you think you need help to manage stress, talk to your health care provider or doctor - today.



Mental Health Programs Programmes de santé mentale
Winnipeg Regional Health Authority Office régional de la santé de Winnipeg
Caring for Health À l'écoute de notre santé

www.winnipeghealthregion.ca