

STRESS LESS IN LIFE

Writing down what you are grateful for helps remind you of the good in your life. It helps reframe your thoughts. You appreciate what you have rather than what you don't have. It helps keep you present too.

THANKYOU



Turning off notifications can take you off 'high-alert' all the time. Choose to look at messages & notifications in your own designated time. If anything is really urgent, don't worry people will call you.



432Hz FREQUENCY

This frequency of sound has been proven to be a healing frequency which reduces anxiety, lowers heart rate and reduces blood pressure.

CIRCUIT BREAKERS

When you recognise you are procrastinating, stressed, frustrated or having negative thoughts do something different to break your flow. This could be having a bath, calling a friend, 10 star jumps, cook, go to work in a different room, clean your workspace or even change your clothes.



PRACTICE SELF-LOVE

Speak to yourself like you would a best friend. Be kind to yourself and tell yourself you are enough and you are loved. If you make a mistake what can you learn from it to move away from sitting in guilt or shame.

SET BOUNDARIES

Give yourself some boundaries such as finishing work on time, giving yourself a full lunch hour or taking regular breaks. Setting boundaries can help you come back to a project with more focus.

TALK IT OUT

Talk through your problems with others and also listen to theirs. A conversation deepener will empower and support others. You will help yourself by thinking how you'd react to their situation or whether their solutions could help you. This helps activate your problem solving part of the brain.

- "How has that made you feel?"
- "What would help you feel less worried?"
- "How can I support you to keep going?"
- "What would make this easier for you?"
- "Who can you talk too about this?"

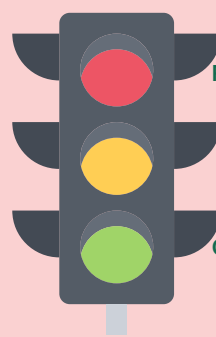
RANDOM ACTS OF KINDNESS



Being kind to others can help bring your stress levels down. Send someone you work with a thank you & recognise their good work. Write to someone you've worked with who has made a difference in your life. Share article or videos others would be interested in.

TRAFFIC LIGHT SYSTEM

Rather than an all or nothing attitude with your health and well-being you can try the traffic light system approach. This is perfect for planning based on your mood, time and energy. This will always give you a sense of achievement which is great for stress relief.



- RED IS YOUR BARE MINIMUM EFFORT**
Walk to get a coffee, stand outside, stretching
- AMBER IS YOUR MEDIUM EFFORT**
15 mins exercise, gratitude journaling, read a chapter of your book
- GREEN IS YOUR MAXIMUM EFFORT**
HIIT workout, 10,000+ steps, try something new

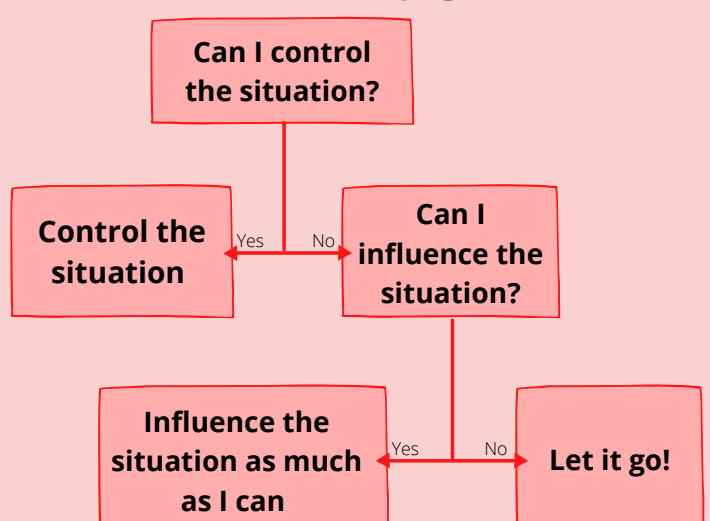
ESSENTIAL OILS



Essential oils react with your body in several ways depending on their scent. Inhaling aromas stimulate the brain which plays a part in your emotions, behaviours and long term memory.

Lavender is good for stress relief and deep sleep. Rose is great for reducing anxiety. Chamomile is good for relaxation.

CONTROL, INFLUENCE OR LET GO



Working with me as your careers coach will help you think about the changes you need to make to reduce your stress levels and create an action plan for positive habits. @lucyshuttvine