



# Looking for support?

Find out more about our services by visiting our website at:

[www.rflifelinks.co.uk](http://www.rflifelinks.co.uk)

or freephone, Monday to Friday, 9am - 5pm, on:

**0800 0234 575**



# 8 Stress-Busting Suggestions

## Review your lifestyle

Are you taking on too much? Try not to do everything at once.

## Build supportive relationships

Finding close friends or family to offer help  
can keep us feeling positive.

## Eat healthily and exercise

A healthy diet and exercise improves our physical and mental health.

## Reduce smoking and drinking

Both can have a negative impact on our stress

## Take time out

Take time to relax.

Strike a balance between responsibilities and enjoyment.

## Be mindful

Mindfulness keeps us grounded.

Find free mindfulness apps on our website

## Get restful sleep

Try not to smoke or drink caffeine at night and turn your phone off.

## Don't be too hard on yourself

Keep things in perspective.

You are doing the best you can.

