

Abi Fenton's

Stress management

Top 10 tips



REFLEXOLOGY,
REIKI &
HYPNOTHERAPY

by Abi



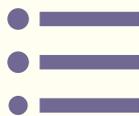
#1. Time management

Block time out in your day for family time, work, breaks, self care, housework etc.



#2. What I can / cannot control

Make a list of all the things on your mind... Then split them into what you can control and what you can't control. Get rid of the things you can't control or do anything about and focus on what you can control.



#3. Prioritise

From what you can control, put them in priority order. and work through them from most important to least.



#4. Self care

Make time for you to do something you enjoy, this could be a bath, meditation, reading, baking... anything for YOU!



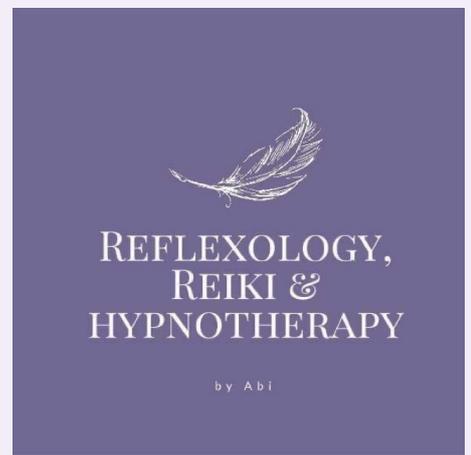
#5. Sleep

How much sleep do you get? What is your bedtime routine like? Could you work on this? Sleep is very important to help you stay focused and on task with work.

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#6. Food intake

What you eat can effect how you feel. Look at what your eating and when you eat. Does food help how you feel? Often it gives you a high and then a low!



#7. Journal

Writing down how you feel can help get all the thoughts out of your head onto paper..

POSITIVE
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#8. Positive affirmation

Talking to yourself as you would talk to others in a positive way can help you feel much better about the decisions you are making.



#9. Get outdoors and TALK

Being outdoors is great for the mind and soul. Try to get outside every day.

Also talk to friends / family, it can help you feel better by disucssing how you feel with others.



#10. Celebrate your achievements

We often forget all the great things we have achieved every day and in life. Celebrate them, each and every day.