



My top 10 tips to cope with stress

1. Take 10 deep belly breaths, breathe in through your nose & out through your mouth.
2. **Put your hand over your forehead and hold it there for at least 90 seconds.**
3. March. Yes, like a soldier. This forces both sides of your brain to talk to each other and find an emotional balance again.
4. **Go for a walk and get outside in the fresh air.**
5. Learn to say no and let it go. You can't do everything and nor should you have to.
6. **Make a 'to do' list of everything that is overwhelming you so it is out of your head and down on paper.**
7. Keep some rescue remedy (Bach flower essence) in your bag.
8. **Reach out for help and let people know how you're feeling. Communication is key, don't bottle it all up.**
9. Make sure you're getting enough magnesium and calcium in your diet to help combat stress.
10. **Take time out for yourself everyday to relax and do nothing, even if it is only for 10 minutes.**