



Coping With Stress

Stress is a natural part of life, but it doesn't have to take control. By recognising the signs, setting realistic goals, and looking after your well-being, you can manage stress effectively and move through challenging times with greater ease.

Be kind to yourself: Lower your expectations until things settle down. Remember, stress is a normal response, not something to fight against. It's a signal to pause, reassess your priorities, and sometimes make different choices.

Set achievable goals: Stress can lead us to focus on what we're not managing, often causing us to magnify our challenges. Try shifting your focus to small wins or things you can control on a day-to-day basis.

Prioritise what matters: Structure your time around your key priorities and reflect on the causes of your stress. Understanding these triggers can help you prevent them from affecting other areas of your life.

Be prepared: Pay attention to the early signs of stress and have a plan ready. Knowing how to act before things escalate makes all the difference.

Reflect on past experiences: Think back to other stressful times you've faced and survived. What helped you manage then? Was it leaning on others, adjusting your expectations, or reminding yourself that stress is temporary?

Take a proactive approach: Stress is easier to manage when you're thinking about the big picture. Reach out to friends, family, or colleagues for support, and make the most of the resources available to you.

Look after your body: Stress affects us physically, so regular exercise, a balanced diet, reducing alcohol and caffeine, and prioritising sleep can help ease some of its symptoms.

Find moments of laughter: Humour has a way of lightening the load. Find something or someone that makes you laugh—it's an easy way to break the tension.

Seek professional support when needed: If stress lingers or affects your health or relationships, don't hesitate to talk to a counsellor, GP, or workplace support services.

Helpful resources:

Beyond Blue: <https://www.beyondblue.org.au/>

MindSpot: <https://www.mindspot.org.au/>

Lifeline: 13 11 14



SCAN FOR MORE TIP SHEETS

