

TOP TEN TIPS

To relieve stress

- 1** Think Positively – Break the habit of putting yourself and everything else down. When you catch yourself thinking negatively, stop it.

- 2** Learn to see Problems as Challenges which can be overcome. Remember – you always have options.

- 3** Never say Never again – Everything is possible.

- 4** Don't dwell on mistakes – if you make a mistake, learn what you can from it and move on. Remember, there is **SUCCESS** and there is **LEARNING** – abolish the word "failure" from your dictionary.

- 5** Cut big problems down to size. Think of **ONE THING** you can do today to improve the situation. Focus all your energy on achieving it.

- 6** Tackle challenges head-on. Procrastination only delays things, it doesn't solve them.

- 7** Spend at least a minute every day contemplating all the things you have in your life to be **GRATEFUL** for.

- 8** Ask yourself empowering questions. In the midst of a crisis, for example, don't ask yourself why or how you got into this mess; instead ask yourself "how you I improve this?".

- 9** Do what you can do to minimise stressful situations. If you face a mad rush in the mornings, for example, have your clothes and paperwork ready.

- 10** Look for at least one reason a day to laugh. Research shows that laughter releases feel-good chemicals in the brain.
