



**Tips to
Manage
Stress**

USEFUL TIPS:

- ◆ *What's stressing you - take action!*
- ◆ *Make time for hobbies and fun*
- ◆ *Try relaxation - calm breathing - in 1, 2, 3 and out 1, 2, 3. Stretch your muscles*
- ◆ *Stay healthy - eat well and exercise*
- ◆ *Get organised*
- ◆ *Break problems into manageable "chunks" and develop an action plan to tackle them*
- ◆ *Put things in perspective "is the problem going to ruin my life? Is the problem as big as I think"*
- ◆ *Don't forget to laugh!*

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