



### ANIMALS

Play with your family pet or watch some animal videos



### BATH

Take a bath or shower so you feel refreshed and relaxed



### CREATE

Do something creative like painting or writing



### DANCE

Put on some music you enjoy and just get moving

# MANAGING STRESS FROM A-Z

For more resources visit: [thesafeguardingcompany.com/stress](https://thesafeguardingcompany.com/stress)



### EXERCISE

Go for a walk or play an outdoor game with friends



### FOOD

Make sure you eat nutritious food at regular intervals



### GOALS

Set goals and celebrate when you achieve them



### HUG

Hug a friend, family member or even a favourite toy



### IMAGINE

Relax and daydream about things you want to do



### JOURNALING

Write down how you are feeling and reflect



### KINDNESS

A small act of kindness can make us feel better



### LAUGHTER

Do something that brings you joy and laughter



### MUSIC

Take time to listen to your favourite genre of music



### NATURE

Go for a walk outside, relax and breathe in the fresh air



### OPENNESS

Be open if you are stressed and need support



### POSITIVITY

Visualise things that make you happy or can look forward to



### QUIET TIME

Take time for yourself to be still and quiet without distractions



### READING

Take time away from your screens and get lost in a good book



### SLEEP

Make sure to have at least 7 hours of sleep a night



### TALK

Talk to anyone about anything which may be on your mind



### UNPLUG

Take some time away from your phone, iPad or TV



### VOLUNTEER

Supporting a cause close to your heart can be really fulfilling



### WATER

Make sure you drink enough water throughout the day



### DETO'X'

Spend less time on social media and focus on a hobby



### YOGA

Do 15 minutes of stretching or yoga to help you relax



### ZEN

Meditate and breathe deeply to find a sense of calm