



POSITIVE STRESS MANAGEMENT

Maximising coping strategies that work for you:

Identify **support networks** - include friends, family members and workmates

Identify **relaxation, 'de-stressing'** and **leisure** activities you enjoy

Identify **job factors** you can influence to minimise work stressors

Enhance your Wellbeing and Resilience by eating regularly, getting enough sleep and avoiding excessive alcohol and drugs. List ways you can **improve these positive elements**.

Minimise negative self-talk and self-labelling. List what you can say to change the way you talk about yourself.