



# STRESS-BUSTING TIPS

## **BALANCE IS KEY**

Make sure you have a balance of activities in your week by planning and making time for the things you need to do and also the things you want to do.

## **DO EXERCISE**

Being active is vital for physical and mental wellbeing. You don't need to spend hours at the gym, even a walk along the seafront can really help.

## **EAT PROPERLY**

Stress can lead to poor diet and skipping meals, so make sure you get your five-a-day and don't have too much caffeine or alcohol.

## **CONNECT WITH OTHERS**

Make time for your friends and family and ask for support if you need it.

## **GET ENOUGH SLEEP**

Overcome physical and mental exertion by making sure you get enough sleep.

## **GIVE YOURSELF A BREAK**

Take regular breaks as part of your study programme, and be kind to yourself. Think about the things you would say to a friend who is stressed and say those things to yourself.

## **RELAX**

Make time every day to do something you find relaxing.