

# Wellbeing Wednesday

ISSUE 9: Stress

The daily grind can be overwhelming. Modern work is never-ending and at any moment you feel like you might run screaming from your office. Stress, headaches, tension, weight gain and depression are all signs of a work-life balance that is out of whack. We've all been there! It's really important to your physical and mental health to make the most of your downtime and keep balance in your life. So here are some tips for improving your work-life balance.



## Top Tips to reduce Stress

- ✓ **Remember to exercise-** *regular exercise boosts your mood!*
- ✓ **Learn to delegate-** *identify tasks that can reasonably be given to someone else*
- ✓ **Prioritise your tasks-** *use lists and split tasks into must dos and want to dos*
- ✓ **Have some time off technology-** *when you have finished work, turn off your computer and your smartphone and concentrate on relaxing*
- ✓ **Remember your achievements-** *remind yourself of the good things that have happened*
- ✓ **Take time off-** *make sure you schedule time off and stick to it.*



Listen to a podcast on stress. To access the podcast please go to [truststaffinfo drive](https://truststaffinfo.drive) and the wellbeing podcast folder. Open the podcast with windows media player.

You can also access a number of 'managing my stress' resources on the my possible self app including a stress quiz.