



Battery filling suggestions

“In a Nutshell”

Give some a go – make an appointment with yourself!

When you schedule something, you are more likely to follow through with it.

You almost always show up for appointments with your doctor, dentist, etc. Why not use that principle for other things in your life, such as managing your stress?

Try some of the following suggestions:

- **Schedule** regular times in the week to do something to manage your stress. For example, make Thursday ‘*lunch with a friend*’ day. Schedule Monday and Wednesday evenings for a ‘*healthy me*’ evening.
- **Make** your coffee break a stress break. **Set aside** a few minutes mid-morning to drain some of that accumulating tension from your mind and body.
- **Commit** part of each lunch hour to ‘*stress reducing*’ activity. Go to the gym, walk or try meditating for 10 or 20 minutes or even just leave your desk.
- **Make time** in your day for breaks to ‘*catch your breath*’, they need not be long, but they are powerful rebalancing moments.
- **Have** an indulgent bath – the bathroom is often the only room where peace may be possible. Put up a ‘*do not enter sign*’, get everything ready so that all you need is close to hand and switch the sound off the telephone – it can wait!
- **Lift** your head up and look around you, take small slices of time to admire the view, a garden, a sunset, and the smiles of your nearest and dearest.
- **Browse** in a bookshop or library – you can ‘chill’ and be alone even in crowded places such as these.
- **Value added life-style** – give your life layers of interest, there really is more to life than work, home and children. There are friends, clubs, societies and activities. **Be positive in your outlook**, even when you don’t particularly feel like it. Eventually you will start to feel more and more relaxed, in control of your life and alive. Managing your stress is not always about doing less but targeting your activity to what you want to do enjoyably.
- **Go** for a massage with your partner – massage each other! Choose qualified, insured masseurs. There are several types of massage, choose the one you fancy: Swedish, Indian Head, Sport, Turkish, and Aromatherapy.
- **Contact** friends you may not have seen for a while – you need people who accept you as you are. Write letters (yes, letters or even a simple greetings card) to those who have moved away, more fun than emails and slows action down - allows you to anticipate and savour the replies.
- Be a **volunteer** for your favourite charity.
- **Manage** your time for your own benefit. *An interesting statistic – working a 37.5 hour week takes up approx. 21% of your total time.*
- **Be creative, have fun, do something!** Anything is better than looking at the walls at home thinking about how tedious things are.
- **Say hello** to people you see routinely – within reason and if safe to do so!
- **Smile** often.
- Spend time with individuals who are **positive in their attitude**, it lifts your spirits.
- **Count** how many good things that have happened to you – even if it’s just you had an umbrella when it rained
- **What else can you think of?**