



## STRESS BUSTER

**EXERCISE!** When we exercise happy hormones are released into our bodies; this helps us to deal with stress. Extra bonus is that as well as benefiting our mental health; it helps our physical health too!

Your Grey  
Matters 


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**BREATHE!** Use breathing and grounding techniques to help you to regulate! Try and let your thoughts wash over you.

Your Grey  
Matters 


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**GO OUTSIDE!** Being outside in nature is a natural way to help relieve stress. Try it, even if for 5 minutes, it will boost your mood and lower your stress hormone levels!

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Matters 


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**TIDY!** When our spaces are messy and cluttered our mind can become messy and cluttered. Challenge yourself to put 5 items away and see how you feel! Keep doing this until the space is clear.

Your Grey  
Matters 


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**DIGITAL DETOX!** Give yourself time off from phones, laptops, tablets and social media. Try not to compare your life to the lives of others on social media- they only show the best bits and most posts aren't authentic.

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**CHECK IN WITH YOURSELF!** Take the time to consider how you feel and notice any tension that you are holding. If you are holding tension, hold it tighter and really squeeze. Then let go and feel it ebb away.

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**SLEEP!** Try not to associate where you sleep with work. This space should be your sanctuary. If you find it difficult to drop off, try counting backwards from a three-digit number.

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**TALK!** Sharing how you feel with others often helps you to feel better. This may help you to explore solutions with someone else to help reduce your stress levels.

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Matters 