



Strategies to help reduce and manage stress



Physical activity - regular exercise reduces tension and anxiety due to the release of beta endorphins. This contributes to feeling happier, more fulfilled and more predisposed to positive experiences.



Planning/organisation - planning your time and focusing on what you can positively influence is an important and beneficial stress management strategy. Knowing what you want to achieve in life, in the short, medium and long term can assist with your overall direction and meaning. Effectively using a diary or calendar to plan upcoming events will assist, so will the simplicity of a to do list, which allows you to focus on what you choose to achieve day to day.



Healthy Diet - well nourished bodies are better prepared to deal with stress. Start your day correctly with a healthy approach to breakfast, and keep your energy up and your mind clear by eating balanced, nutritious meals throughout the day.



Sleep - recent evidence based research indicates that sleep, or lack of it, is now considered one of the most significant factors contributing to health and wellbeing. Sleep is food for the brain. To perform at your best you need around eight to ten hours of sleep each night.



Meditation - is a controlled relaxation strategy that simply involves taking time out for yourself to regain focus and clarity.



Mindfulness - is a way of paying attention to what is happening right now, by observing what's going on inside (your thoughts, feelings and physical sensations) and outside (your interactions and surroundings) with an open mind and without judgement. Mindfulness can improve your concentration.



Asking for help - it is important to have points of reference, people who we feel comfortable approaching. At CCGS we have a Pastoral Care team that complements the great work of the Psychological and Counselling Services and Health Centre.

Contacts

Centre for Boys' Health and Wellbeing - **9442 1717**

Psychologists - **9442 1627, 9442 1761**

Health Centre - **9442 1700**