We all use unhelpful coping strategies sometimes, but as with any skill we can learn new, helpful coping strategies.

Here's some **self-care tips** to help **protect against stress**:

#ADDRESS YOUR STRESS

Try

Get moving! Physical and mental health are connected — so eat well and exercise to release endorphins. Find a fun activity that suits you and your schedule.

Setting aside time to have fun or indulge yourself — positive emotions can help build a buffer against stress.
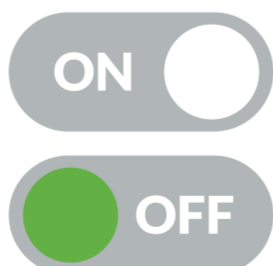
Learning a new skill — whether painting, playing guitar or a new language.

Sharing how you're feeling — it's OK to ask for help and support.

Switching off from distractions — make time for yourself as a regular part of your routine. Schedule a reminder if you need to.

ON

OFF

Avoid

Overdoing it on sugar, caffeine or alcohol — they're a quick fix which can increase stress in the long term.

Overworking and checking your emails out of hours — we all need time to unwind.

SWITCH OFF

Spending **too much of your free time** in front of a screen — phone included. Don't feel pressured to always be 'doing' something.

Chasing perfection — it can create unrealistic expectations. Accept that mistakes will happen.

Bottling up your feelings and assuming they will go away — this can make things worse in the long run.

FEAR

ANGER

ANXIETY

There are simple steps you can take to **#AddressYourStress**. Check out our resources at **mhfaengland.org**

MHFA England