



National Stress Awareness Month

April 2024

Stress - Lets Turn Down the *Dial!*

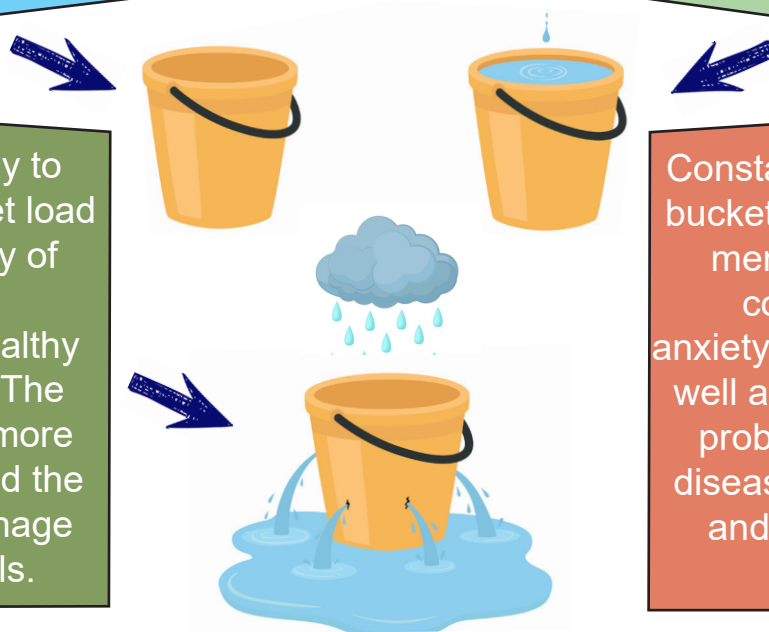
An easy way to think about managing your stress is by getting to know your Stress Bucket!

Each of us goes through life with an emotional bucket in which we collect all our daily pressures. Each of our buckets are different sizes and have no relation to strength or weakness – it's just who we are; perfect in our very own way!

Sometimes the drops of pressure can flow too fast and our buckets get full. When this happens, it can be hard to function normally as the weight of our bucket becomes overwhelming.

The simplest way to reduce your bucket load is to make plenty of holes in it! Each hole is a healthy coping strategy. The more we do the more holes we have and the easier it is to manage our stress levels.

Constantly having a full bucket can lead to poor mental health and conditions like anxiety or depression, as well as physical health problems e.g. heart disease, inflammation, and gastro issues.



Connect with friends and loved ones

Walking or playing sport

Eat food that nourishes your body

What extra holes could you put in your bucket?

Hobbies and craft activities

Helping others or a good cause

Mindfulness, Yoga or simple relaxation

#NationalStressAwarenessMonth



Good Mental Health is Good for Business!