

Managing stress from A-Z



Animals

Play with your family pet or watch some animal videos



Bath

Take a bath or shower so you feel refreshed and relaxed



Create

Do something creative like painting or writing



Dance

Put on some music you enjoy and just get moving



Exercise

Go for a walk or play an outdoor game with friends



Food

Make sure you eat nutritious food at regular intervals



Goals

Set goals and celebrate when you achieve them



Hug

Hug a friend, family member or even a favourite toy



Imagine

Relax and daydream about things you want to do



Journaling

Write down how you are feeling and reflect



Kindness

A small act of kindness can make us feel better



Laughter

Do something that brings you joy and laughter



Music

Take time to listen to your favourite genre of music



Nature

Go for a walk outside, relax and breathe in the fresh air



Openness

Be open if you are stressed and need support



Positivity

Visualise things that make you happy or can look forward to



Quiet time

Take time for yourself to be still and quiet without distractions



Reading

Take time away from your screens and get lost in a good book



Sleep

Make sure to have at least seven hours of sleep a night



Talk

Talk to anyone about anything which may be on your mind



Unplug

Take some time away from your phone, iPad or TV



Volunteer

Supporting a cause close to your heart can be really fulfilling



Water

Make sure you drink enough water throughout the day



Deto'x'

Spend less time on social media and focus on a hobby



Yoga

Do 15 minutes of stretching or yoga to help you relax



Zen

Meditate and breathe deeply to find a sense of calm

For more support with safeguarding and wellbeing, search

Tes safeguarding advice

