

Here are a few tips on how to help you relieve stress:

- Be active – Exercise won't make your stress disappear, but it will reduce some of the emotional intensity that you're feeling, clearing your thoughts and letting you deal with your problems more calmly
- Take control – The act of taking control is in itself empowering, and it's a crucial part of finding a solution that satisfies you and not someone else
- Connect with people – A good support network of colleagues, friends and family can ease your work troubles and help you see things in a different way
- Have some 'me time' – If possible, set aside a couple of nights a week for some quality 'me time' away from work and other stresses and strains
- Challenge yourself – Setting yourself goals and challenges, whether at work or outside, helps build confidence
- Help other people - Helping people who are often in situations worse than yours will help you put your problems into perspective
- Try to be positive – Look for the positives in life, and things for which you're grateful.