

Tips for coping with pressure.

1. Reflect on your current pressure levels - are you coping well or are you showing signs of stress?
2. Identify the main pressures in your life and make an action plan to deal with them
3. Try calming breathing techniques to relax
4. Accept that there are things you can't change - focus on what you can
5. Seek help if you are feeling high anxiety or panic
6. Ask for support and support others
7. Take time out to do the things you enjoy
8. Practice mindfulness techniques
9. Slow down and take time to think. Excuse yourself from the situation for 5 minutes to regroup your thoughts
10. Avoid coping mechanisms like smoking, alcohol and caffeine, which can have long term negative effects