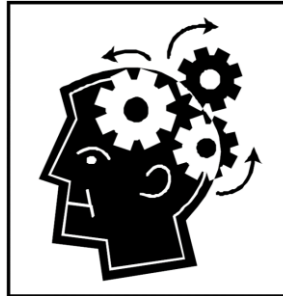


Six R's for Stress Management

RESPONSIBILITY

- You are in control
- Establish priorities
- It's okay to say "No"



REFLECTION

- Know your stress triggers
- Be aware of your stress symptoms and early warning signs
- Check the balance in your life

RELAXATION

- Do something enjoyable
- Schedule 'time out' and do it
- Allocate specific time to worry-put limits around it



RELATIONSHIPS

- Maintain supportive relationships
- Spend time with positive people
- Don't forget to develop your relationship with yourself!



REFUELING

- Eat a balanced diet –with plenty of fibre, fruits, vegetables, low cholesterol
- Be aware of toxins – caffeine, nicotine, fats, processed foods
- Drink plenty of water



RECREATION

- Have fun
- Laugh
- Enjoy yourself

