

# 7 STEPS

## To help protect yourself from stress



- 01 Eat Healthily**

There is a growing amount of evidence showing how food affects our mood and how eating healthily can improve this! You can protect your wellbeing by ensuring that your diet provides adequate amounts of brain nutrients such as essential vitamins and minerals, and by staying hydrated. Check out our Healthy Eating #WellnessAtWork piece from 2017 for some ideas [here](#).
- 02 Be aware of smoking and drinking alcohol**

When stressed try not to, or reduce the amount that you smoke and drink alcohol.
- 03 Exercise**

Exercise can be very effective in relieving stress; even just going out and getting some fresh air, and taking some light physical exercise, like going for a walk to the shops, can really help tackle negative feelings. We've previously reported on the benefits that exercising outdoors can have on our mental health in a 2020 #WellnessAtWork piece [here](#).
- 04 Take time out**

Take time to relax! Tell yourself that it is okay to prioritise self-care during periods of stress.
- 05 Be Mindful**

Try to practice mindfulness regularly! Mindfulness involves paying attention to our thoughts and feelings in a way that increases our ability to manage difficult situations and make wise choices. Since the start of our #WellnessAtWork campaign in 2017 we have promoted the importance of Mindfulness; research has suggested that it can reduce the effects of stress, anxiety and related problems such as insomnia, poor concentration and low moods, in some people.

### 06 Get some restful sleep

Sleep disturbance is a common problem for many of us when feeling stressed. Your physical and mental health, your sleeping environment, and your lifestyle could all play a role in impacting your quality of sleep, and small changes could be made to rectify this. In November 2020, we wrote about "The Importance of Sleep" - head [here](#) for information and for tips to help you sleep more soundly.

### 07 Don't be too hard on yourself

Try to keep things in perspective and remember that having a bad day is a universal human experience. Act as if you were your own best friend: be kind and supportive. Read our piece from [World Kindness Day 2020](#) in which we detail the importance of being kind to ourselves - from practicing gratitude, prioritising "me time" and spending time in nature amongst other useful practices.