

Information on Stress

关于压力的問題

Work out stress triggers: 什么的情况才压力

- Identify what causes you stress. 什么的事會影响压力
- Plan your day: 安排你的每天
- Sort out what can control and cannot control. 整理下那些事可以控制, 和那些不可以控制的

Be active: 要有活動

- Exercise can help you feel calmer, and help you manage emotional stress. 运动可以幫你平静心情, 也可以平稳情绪
- Do something you enjoy like walk your dog or playing a sport. 做些你喜欢做的事情比如做运动或帶小狗遛遛
- Take regular breaks: 有規則的休息
- If you feel a lot of stress then take time for a walk or a hot drink. 要是你感觉到太多压力, 你可以去散步或者喝一杯热水

List your achievements: 列出你的成就

- Include everything you did in the day. 包括你每天做的事情
- You can read this to yourself feel better. 當你读出來給自己听, 你會感觉好多
- Ask for other opinions: 詢問其他人的意見
- Talking about your problems with someone else can give you new ideas to help deal with your problems. 和别人谈谈你的問題可能别人可以提供新的想法。
- Sharing your thoughts can also help you feel calmer. 分享你的心事也可以平静你心情
- Start the day by doing one task. This will make you feel you can manage the day. 每天早上做一个任务那你就有那种感觉你是在控制全

BIRMINGHAM MIND HELPLINE

Open 24/7 everyday

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 **Mind Birmingham**

Registered Charity no. 1003906
Registered Company no. 2024372