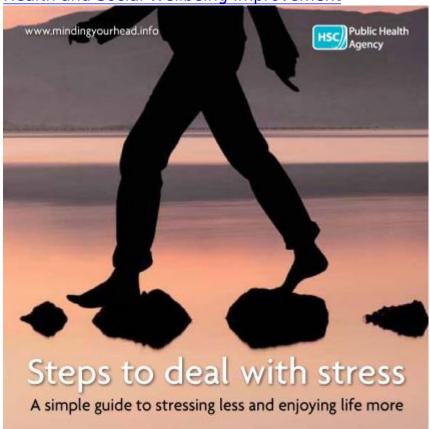
## Monday, 26 February 2024

Health and Social Wellbeing Improvement



The Steps to deal with stress booklet provides tips and practical advice on coping with stress in your life and covers recognising stress, getting ready, coping better, learning from bad experiences and taking action now. Simple steps such as relaxation exercises and talking to someone can help you feel better and put you in a better frame of mind for dealing with your problems.

## **Details**

Format
54 pages, 150mmx150mm, Booklet
Target group
General population

## **Downloads**

**Attachment** 

Size

## **Tags**

- Mental
- <u>Health</u>
- stress
- support
- <u>under</u>
- surface
- tips
- advice
- anxiety
- depression
- coping
- emotion
- eat
- sleep
- relax
- cope
- think
- relationship
- parent
- problem
- active
- children

**Print**