

Wednesday, 09 January 2019

[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 recognizing 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
Steps for stress 11_18 final.pdf	8.33 MB

Tags

- [Mental](#)
- [Health](#)
- [stress](#)
- [support](#)
- [under](#)
- [surface](#)
- [tips](#)
- [advice](#)

- [anxiety](#)
- [depression](#)
- [coping](#)
- [emotion](#)
- [eat](#)
- [sleep](#)
- [relax](#)
- [cope](#)
- [think](#)
- [relationship](#)
- [parent](#)
- [problem](#)
- [active](#)
- [children](#)

[Print](#)