

Fact Sheet – Tips on how to manage stress

- Get a good night's rest - adorn your bed with silk or Egyptian cotton sheets go on spoil yourself
- Plan your work and work on your plan
- "Build your time around getting the job
- Drink champagne and toast life without a particular reason to celebrate
- Be beautiful in all you think say and do
- Indulge in a heart warming movie a least once a quarter!
- Relax in the lunch hour - create balance - try not to talk about work in your breaks - they are to relax and refresh
- Play music and dance around the house just for the hell of it
- Buy gorgeous food, be healthy and moderate - feel light and bright!
- Learn to limbo - or at least do some exercise that makes you laugh!
- When you win or lose be gracious
Remember it's more important to do the right thing than simply be right.
- Don't go under because there is not enough time.
- Ask for help, prioritize, delegate, get focused or take a training trip
- A problem shared is problem halved, talk to a good mate don't hold it in
- Get a lovely massage and let your muscles relax - it's good just to let go
- Take a nap - for those who are important - call it a power nap!
- Visit agent provocateur - splash out on sexy silk!
- Give your time, talent or money in support of a local charity



- Count your blessings - that slight change in perception can really make the glass half full
- Watch a comedy once in while
- Take the scenic route - you'll often avoid the motorway and hey those A roads can hold the odd surprise
- Laugh a lot and enjoy the life you are living
- Revisit your goals - like you they will constantly be changing
- Remember that a risk can result in a beautiful love, a great achievement or a sense of contentment
- Respect the rules - but don't be too rigid - some rules really need to be broken
- Take time to contemplate daily - it is good be alone so you can hear your self think
- Remember to control your thoughts so they don't control you
- Laugh when you want to be angry - try not to take yourself so seriously
- Hold onto your values they are what makes you as unique as you are
- Don't try to be somebody else - the job is taken
- Remember - in times of great tragedy - this too shall pass
- Be gentle with yourself, others and the earth

- Create a loving atmosphere in your Home |
- nurture your life with the water of love as regularly as you water your plants
- Try not to bring up the past it is history - try to deal with the 'present' it is your true gift
- Once a year go to a place you have never been and try out a new activity - curiosity is the spice of life
- Every person we meet knows something we don't, so commit to learning from them
- Try getting ready for the day and not for work
- Drink water all day long the more hydrated you are the less stressed you become
- Try to limit your coffee intake to 1 or 2 a day
- Don't be a 'reasons why not' person - take responsibility and bring solutions to the table
- Respect yourself and others
- Don't be afraid to say 'I need help' or 'I don't know'
- Improve your performance by improving your attitude
- Where possible always give more than is expected - it is a trait of the truly successful
- Tell the people you love you love them regularly
- Watch a sunset or walk along the beach
Marvel at the miracle of nature
- Contemplate the fate of those in deprived countries before appreciating all you have in life
- Believe in yourself and let your internal chatter support you
- Tell your children at least once a day how amazing they are and how important they are to you.

For more about well being at work and a healthy stress free lifestyle visit our website at www.smartfoundations.co.uk