



Tip Sheet



- Stress and Anxiety are perfectly normal and natural responses to threat
- If too intense or too prolonged they can be harmful
- Getting the balance right is important
- Recognising what is and isn't under your control is helpful
- Other helpful things might include:
 - Creating lists / writing it down
 - Deciding what is and isn't under your control
 - Structured problem solving
 - Talking with people (including having coaching, counselling or therapy)
 - Taking action
 - Developing skills
 - *Relaxation*
 - *Assertiveness*
 - *Self-acceptance*
 - *Self-compassion*
 - *Problem solving*
 - *Mindfulness*
 - *Noticing thoughts*
 - *Accepting feelings*
 - *Reframing*
 - *Perspective taking*