



UNIVERSITY OF OTTAWA
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TOP 10 TIPS FOR MANAGING STRESS

A few small changes can have big results

- 1 Exercise regularly.** Exercising at least three to five times a week helps to relax and condition your body and mind.
- 2 Breathe deeply.** Take a few deep breaths. Notice how it changes how you feel.
- 3 Be aware of quick fixes.** Try to avoid the tendency to consume more alcohol and non-prescribed drugs in stressful times.
- 4 Notice your thoughts.** Reflect on how you think about what's causing you stress. A trusted person or a counsellor can help you see things in a new way.
- 5 Relax the muscles in your body.** Stress can make your body tense. Try to relax the areas where you carry the most stress.
- 6 Recognize what you can't control.** Reflect on what you can control, and let go of things beyond your control.
- 7 Take a break.** Give yourself permission to nap, listen to music, read, meditate or just have some quiet time.
- 8 Make time for things you enjoy.** Set time aside for hobbies or learning something new.
- 9 Avoid exposure to stress.** If possible, avoid unnecessary triggers for stress, such as distressing TV shows.
- 10 Evaluate your commitments.** Consider how you spend your time and letting go of some commitments.