

5 Preventive tips for a stress free life

– How to support your mental health

1. Take care of your body

- The things you do to stay physically healthy also help prevent stress – eat healthy, limit alcohol and be active.
- Physical activity reduces stress hormones and increases the 'stress resilience' of the brain.
- Exercise in any way you like – take a walk outside, take the stairs, take the bicycle or work in the garden. Everything counts

2. Ensure that you get enough sleep

- Get 7-8 hours of sleep if possible, – and apply a regular schedule if you can.
- Avoid or cut down on coffee and blue light (pc, mobile phone, etc.) well before bedtime.
- Wind down gently – pay attention to your breathing and body – think about something nice.

3. Train your attentiveness

- Mental training or meditation strengthens your body, brain and mind.
- Remember to prioritise breaks.
- Be present in the HERE and NOW!

4. Do something together with others

- Being part of a community creates an important sense of belonging.
- Prioritise socialising with neighbours, friends, family and colleagues.
- A good social network ensures emotional and practical support during hard times.

5. Do something that makes you happy

- Do something for other people that gives you pleasure and provides meaning.
- Take up a hobby.
- Learn something new.