

OFF THE RECORD
Chat2US



Appointment

Day:

Time:

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If you need to cancel.

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TEN STRESS BUSTERS

Take time out: escape, if only for a while. Try a change of scene. Give yourself a treat.

Get involved: learn a new skill, do something for someone else.

Learn to relax: concentrate on your breathing: breath deeply and slowly to the count of 7, hold counting 3, exhale slowly counting 7. Unwind to music.

Be clear about what you want: work out what's important; it might stop you worrying about what does not count as much.

Talk about your worry: everyone needs a good listener: a friend or relative or a professional. You can call a helpline or try e-mailing if talking is hard.

Don't expect too much of yourself: take one day and one step at a time. Try not to be hard on yourself. Give yourself time to cope.

Be active: find something you enjoy doing and do it regularly: dancing, stretching, cycling, running.

Keep things in perspective: Imagine how you might feel in 6 months or year; things might not be as bad after all.

Accept who you are: Our beliefs, values, culture, hopes and aspirations make us who we are and you deserve respect like anyone else.

Think positive: Picture yourself coping well with a stressful situation. If you do so you are more likely to do so in reality.

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