Wellbeing & Counselling Tips
Stress

University of Salford MANCHESTER

Connect with others

Building positive relationships with others is good for your sense of belonging and self-worth and allows you to feel emotionally supported.

Stay active

Exercise causes chemicals in your brain to be released which improve your mood and reduce stress, as well as being good for your physical health.

Take control

Identify things you can change and try to accept the things you can't. Changing a difficult situation isn't always possible. Try to focus on the things you do have control over.

Take care of yourself

Take time to relax and enjoy yourself by doing an activity you enjoy or learning a new skill. Make sure you are getting enough sleep and eating regular healthy meals.

Breathe

Simple breathing techniques can reduce stress by helping you to pay more attention to the present moment. Try breathing slowly in through your mouth and out through your nose for 3-5 mins. You can also try meditating and mindfulness techniques using apps such as Headspace or InsightTimer.

Goals

Setting goals can be a good way of managing stress. To reduce stress and stop you getting overwhelmed, it is important to break your goals down into achievable realistic steps or tasks, and be kind to yourself if you don't achieve what you set out to do straight away.

Gratitude

Practicing gratitude daily has been shown to reduce stress and leave you feeling more positive. Try writing down three things (big or small) each day which you are grateful for or bring you joy.

Watch out for unhealthy ways you may be coping with stress like consuming more alcohol, drugs or caffeine, or avoiding the source of stress by distracting yourself with other activities.

These ways of managing stress may feel helpful in the short term, but they actually make things much worse as the cause of the stress isn't being addressed and will continue to build up.

You can speak to your GP or a Salford University Wellbeing Adviser for support on how to manage stress.