

Ways of coping with stress



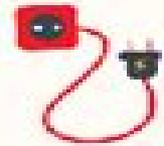
Breathing exercises



Go outside



Do something you love / learn a new skill



Unplug from social media



Physical activity



Reach out - connect with people



Plan your time - break down work in to manageable chunks



Avoid drugs and alcohol



Challenge unhelpful thoughts



Write how you feel



Get enough sleep



BRITISH ISLAMIC MEDICAL ASSOCIATION

Coping With Stress A Practical Guide

N Colangelo



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