Tips to manage stress

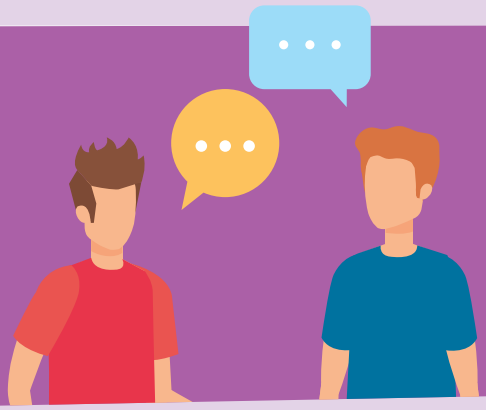
sata CommHealth

Exercise regularly

Doing physical exercises such as walking, swimming, gym or ball games with friends can help to release endorphins (good hormones) to make you happy and less stressed.

Connect with others

Spend time with friends and family. Having good social connections can provide positive support to you and help you cope better with life challenges.



Talk about your problems

Sharing your worries with someone you trust (e.g. friend or ambassador) can help you feel better.

Limit unhealthy coping mechanisms

Avoid using alcohol, smoking, or drugs to cope with stress, as they can create more problems to your health in the long run.

Practise good time management

Plan your to-do tasks on a timetable and give yourself enough time to complete them.

Be kind to yourself

Try to avoid negative self-talk and acknowledge that stress affects everyone.