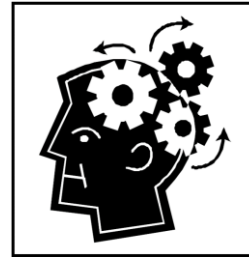


## SIX R'S FOR STRESS MANAGEMENT

### reflection

- Know your stress triggers
- Be aware of your stress symptoms and early warning signs
- Check the balance in your life



### relaxation

- Do something enjoyable
- Schedule 'time out' and do it
- Allocate specific time to worry - put limits around it



### refueling

- Eat a balanced diet – with plenty of fibre, fruits vegetables, low cholesterol
- Be aware of toxins – caffeine, nicotine, fats, processed foods
- Drink plenty of water



### relationships

- Maintain supportive relationships
- Spend time with positive people
- Don't forget to develop your relationship with yourself!

### responsibility

- You are in control
- Establish priorities
- It's okay to say "No"



### recreation

- Have fun
- Laugh
- Enjoy yourself