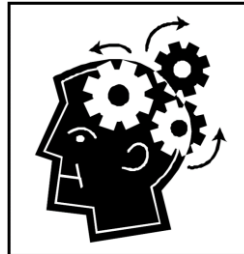


## SIX R'S FOR STRESS MANAGEMENT

### 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

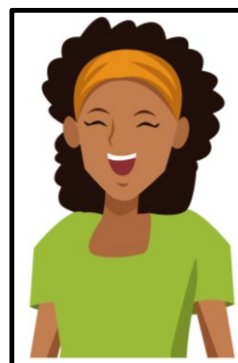


### RELATIONSHIPS

- 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

☎ 0800 SELF HELP (0800 735 343)

✉ [info@eapworks.co.nz](mailto:info@eapworks.co.nz)

🌐 [www.eapworks.co.nz](http://www.eapworks.co.nz)

**Head for Business Heart for People**