SoR 100 YEARS
THE SOCIETY OF RADIOGRAPHERS
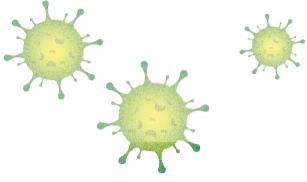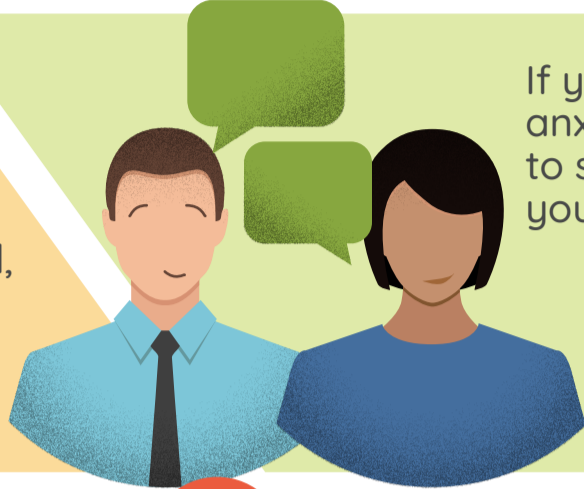
Tips on Managing Stress
How are you feeling?

During a time of crisis, it is normal to feel sad, stressed, confused, scared or anxious.

If you feel anxious talk to someone you trust.

Try to stay connected with friends and family.

Maintain a healthy lifestyle and try not to use smoking, alcohol or other drugs to deal with your emotions.

Remember to make time for yourself, you could:

Take a bath.

Go for a walk.

Sing or dance like no one is watching.

Learn a new language.

Hola!
Ciao!
你好

Play with your pet.

Do a little yoga.

If you have a big task, split it up into smaller chunks and give yourself credit for completing them.

If you have a stressful day coming up, try planning out on paper all the things you will do.

If you are feeling low, allow yourself some positivity. Think about the good things in your life. You could list out three things you are grateful for and share it with loved ones.

However you are feeling, be kind to yourself.

For more support in looking after your mental health, visit the Every Mind Matters webpages on the NHS website.