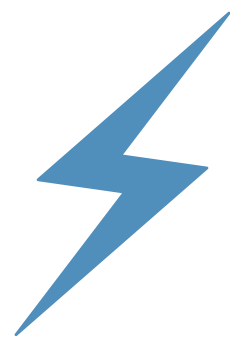


# Tips to cope with stress



FOR AGED CARE WORKERS



## 1.) DON'T TAKE IT PERSONALLY



Stress can make you emotionally sensitive and susceptible to taking things personally. Learn to defuse stressful situations rather than bottle things up. Let things go and don't hold personal grudges.

## 2.) SHARE HOW YOU ARE FEELING

Sharing how you are feeling with friends, family or colleagues is important for your mental and emotional health. Holding things inside may cause feelings to build up and lead to anxiety, depression and physical illness.



## 3.) MAKE EXERCISE AND RELAXATION A PRIORITY



Exercise and relaxation are essential for managing stress. Ensure that you have time each day for hobbies, a walk or recreation that you enjoy.

## 4.) IDENTIFY YOUR STRESS TRIGGERS

Identifying situations that cause stress is important. Create a list of events or situations that cause stress or impact your emotions and take actions to find strategies to manage those situations.



## 5.) HAVE APPRECIATION FOR YOURSELF AND OTHERS



Stress can cause us to think negatively about ourselves and others. Create a list of positive characteristics about yourself and others to break the cycle of negative thinking.

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Your Health and Wellness.

Adapted from

<https://www.australianageingagenda.com.au/2015/10/09/stress-busters-top-tips-for-aged-care-staff-to-deal-with-job-stress/>