

# Tips for dealing with stress

## Unit 9 – REFLEXION AND COPING

	Think about where YOU could schedule specific times to recharge your batteries.
	What things can YOU change? Do it!
	Where can YOU say "no" or delegate or hand things over?
	Set clear boundaries for yourself and others.
	Organize your daily routine.
	Take conscious breaks.
	Learn to recognize where you are putting pressure on yourself.
	Address things clearly, get help or support.
	Build regular relaxation into your daily routine.
	Move, do sports that are good for you and fun for you.
	Pay attention to your diet. A healthy body can better cope with stress.
	Cultivate your friendships, these bring positive moments to your everyday life.

[www.kaleido-ostbelgien.be](http://www.kaleido-ostbelgien.be) (Stand 2024)

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