

## Self-Help Guide

### 12 Way to Reduce Stress

From the suggestions below pick three or more things you could do daily to help reduce stress and anxiety:

1. Take up a new hobby, such as sketching, reading, crosswords or revive an old hobby, something you enjoy doing.
2. Listen to 15 mins of uplifting music and sing/dance along.
3. Do some exercise something that suits you and your mobility.
4. Phone a friend or FaceTime/Skype them.
5. Sit in silence for five minutes, listening to the sounds around you, just being.
6. Listen to some relaxation techniques or relaxing music and do some deep breathing.
7. If you can go for a 15 minute walk in the fresh air, even around your garden.
8. Try to be mindful stay in the present for 10 minutes: what can you see, hear, feel and smell.
9. If you can go into the garden or stand at an open door taking in several deep breaths saying into yourself with each breath, "I am calm, relaxed and in control.
10. Carry out a routine task which you have been putting off for some time.
11. Take a relaxing warm bath, pamper yourself, do your nails, moisturise your skin – you deserve it.
12. If you're feeling anxious it is OK to stop for a moment acknowledge your thoughts and feelings, give yourself a hug saying 'I will be OK'.

*This self-help guide was brought to you through the experience built up from the professional staff team at Cancer Support Scotland. We are here to support your wellbeing.*

