



The Mental Health Center  
of Greater Manchester

## **Stress Busters**

Take the time to assess your own stress and take care of yourself

### 21 Great Stress Buster Tips:

#### **Take a Deep Breath**

Ask others to help

Talk things out

Visualize a peaceful scene

Set limits

Count to 10

Believe in others

Believe in yourself

Confront your feelings

Set realistic goals

#### **Take a Deep Breath**

Remember time heals

Cry if necessary

Take a walk

Stretch often

Learn to say No

Reflect on your joys

Encourage others

Seek out positive people

Remember your triumphs

Love yourself

Laugh often

#### **Take A Deep Breath**