

**wee changes** can make a **big difference** in helping you feel better  
*please put this where you can see it every day*



### Keep stimulants to a minimum

Stay away from excessive amounts of tea, coffee, fizzy drinks with high caffeine levels and alcohol



### Drink at least 2 litres of water a day

Drink water or diluted juice from morning to evening this is important to keep your body hydrated.



### Eat a healthy balanced diet

Eat 3 meals a day never missing breakfast and have fruit or vegetables or fruit juice with every meal



### Take time to relax every day

Listen to a relaxation tape everyday or relaxing music, practice slow regular breathing techniques.



### Take regular exercise be active

Do some sort of exercise or activity at least three times a week, walking, swimming, housework anything which keeps you active.

### Have fun on a regular basis

Make an effort to have fun if you haven't in while after a time it will be effortless to have fun. Watch a funny video, go out with people who make you laugh, smile just for the fun of it.



### If something or someone is bothering you do something about it

If someone or something has upset you and you are holding onto this deal with it, don't just ignore it and allow it to fester.



### Discover your stress trigger buttons and learn to self-manage them

Some things we have no control over, however, we do have control of how we react. Being aware and mindful of what causes you distress can help you manage stress better

Remember consult with your GP before making any lifestyle changes. For more information contact **COPE** on our website: [www.cope-scotland.org](http://www.cope-scotland.org)

