



# Stress management



## Self-care and mindfulness

Self-care is a habit, not a once-off task. Consistency is key! One of the simplest and most effective ways to manage stress is to maintain a healthy, balanced lifestyle. A website with some great ideas is: [tinybuddha.com/blog/45-simple-self-care-practices-for-a-healthy-mind-body-and-soul/](https://tinybuddha.com/blog/45-simple-self-care-practices-for-a-healthy-mind-body-and-soul/).



## Learn to recognise when your stress levels are increasing

Stress is a normal response to everyday challenges. This is not always a bad thing – low levels of stress can motivate us to reach our full potential. But too much stress can negatively affect our health and quality of life. Being able to recognise when your [stress levels are becoming unhealthy](#) enables you to take action to manage the stress and stop it from escalating.



## Time management

Use a to-do list, prioritize your tasks, break them into smaller pieces, limit distractions, give yourself time to relax between tasks, and let yourself be less than perfect.



## Self-compassion

Staying connected with how you feel and having self-compassion will help you to be resilient and sustain your work. Practice self-compassion- check out these videos: [self-compassion.org/videos](https://self-compassion.org/videos)



## Find a way to escape physically or mentally

Relaxation is the best way to reduce your stress. Rest, read, run, walk, spend time with friends, have fun and do things that make you laugh or that are creative. Think about what activities make you feel good and do more of them. Turn your “have to” into a “want to”. The difference is subtle but powerful.



## Reach out to someone

It is important to reach out to someone and have a chat about what is stressing you. Sharing your concerns feels 100% better. Identify three people you can speak to now. Keep that list on your fridge or above your desk.



## Seek professional support

Talk to a professional about how you feel for guidance and support about how to manage stress.



Seek support:  
Medical School  
Student Support



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