



Top tips for managing stress

Most people experience stress from time to time. But if it's starting to affect your day-to-day life, there are coping strategies you can put in place to help.



This #StressAwarenessMonth, we wanted to share our 6 top tips for managing stress...

1. Reach out for support

Talk to someone you trust about how you're feeling. Whether that be family members, friends or an expert on the Peppy app in your chosen service.

2. Get active

Exercise releases endorphins and also provides much-needed headspace. Even a short burst of activity, such as going for a short walk can help.

3. Write down your feelings

Acknowledging your feelings and writing them down in a journal can be a very powerful exercise. As well as naming your feelings, write down how you would could respond to them.

4. Be kind to yourself

Try not to put too much pressure on yourself. Be kind to yourself when you're feeling stressed; remember you can't do it all and you also can't control everything in your life.

5. Prioritise good quality sleep

Aim for a solid 7 to 9 hours sleep each night. Try to avoid caffeine and screen time close to bed time to aid your sleep.

6. Make time for what you enjoy

Modern life is busy. Ensure you set time aside to do things you enjoy and help you switch off from the stressors in your life. That might be taking a bath, yoga or reading a book - prioritise what makes you feel good.

Download the Peppy app today



To download, search Peppy Health in the App Store or Google Play Store, or simply scan the QR code

For non-clinical queries, email support@peppy.health or use the 'Contact Us' page in the app

App users must be 18+

Service is subject to Peppy's fair usage terms

Your Peppy practitioner will be able to signpost you to further advice and support