



**In-person and Online
Counselling Support, UK.**

**www.therapeuticcamper.com
office@therapeuticcamper.com**

Gentle Tips for Stress

Take regular breaks

- Like making a drink or having a short walk.

Be kind to yourself -

Can help you feel different about the situation.

Take control - Write out a manageable list, for example, making an appointment.

Organise your worries - Divide them - What can you do and can't do.

Lets get physical - Dancing, playing sport, dog walking to release stress.

Talk - To someone you trust about your problems can help you feel calmer.

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