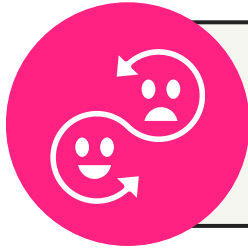


# MENTAL HEALTH

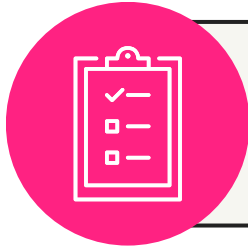


## TOP TIPS TO HELP RELIEVE STRESS



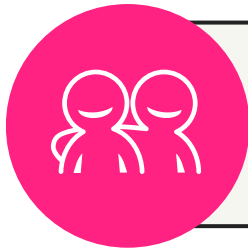
### IT'S NORMAL TO FEEL STRESSED

Remember it is normal to feel anxious, sad, stressed, confused, scared or angry during a crisis.



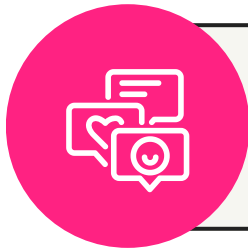
### CREATE A ROUTINE

Try and create a daily routine & stick to it. Structure your day with things that you can realistically achieve.



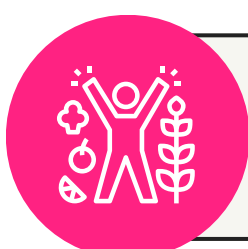
### BE KIND

Be kind to yourself and others.



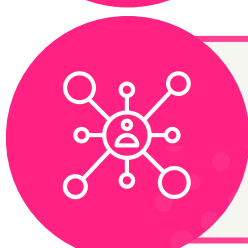
### LIMIT NEGATIVE MEDIA

Limit stress by watching or listening to media coverage less.



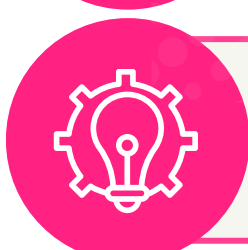
### REMAIN HEALTHY

Maintain a healthy lifestyle as far as you can, including diet, sleep and exercise.



### STAY CONNECTED

Keep connected with people by phone, email & social media.



### USE YOUR SKILLS

Use coping skills you already have, and have used in the past, to deal with stress.



### USE TRUSTED SOURCES

Get your facts and guidance from trusted sources in order to protect yourself. Seek advice you can trust from your local GP or Health Care Practitioner.



Call your healthcare provider if stress or feeling low gets in the way of your daily activities for several days in a row. The Family Assistance Benefit which is available to you and your household is a telephonic counselling service – the numbers to contact are:

**Toll-Free Number: Call 0800 867 470**

**Request a call-back: Dial \*134\*905#**