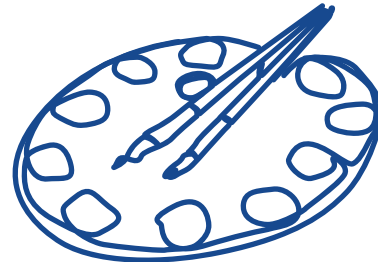


TOP TIPS

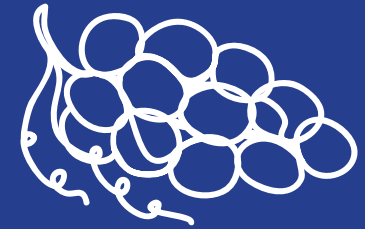
Advice for how you can better manage your stress levels as we approach National Stress Awareness Day this November. Google 'Mid Kent Mind' to learn more.



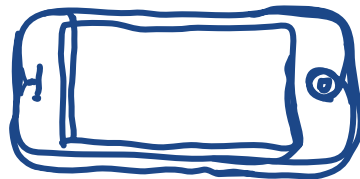
Increase your activity levels, as staying active can reduce some stress symptoms.



Set some time aside so you have time to unwind and do activities which you enjoy.



Keep an eye on what you are eating, as food can also influence our mood!



Connect with others - giving you a chance to talk through your stresses.



Take some time out. Coming back to something fresh-minded can really help!



Make sure you are getting plenty of sleep, and have time to rest and recuperate.