Black Cockatoo
MEN'S COUNSELLING

# PREVENT STRESS BEFORE IT BUILDS

Small everyday choices can make pressure easier to manage.

## STRESS IS ENERGY — NOTICE IT. MONITOR IT. CHANNEL IT.

Recognise what is building, then choose where to direct your energy.

**Stress is part of life. The aim is to stop everyday pressure becoming your normal.**

Regular movement, social connection and facing things early can help reduce mental load.

## SIX EVERYDAY WAYS TO PREVENT STRESS BUILDING

### MAKE MOVEMENT A REGULAR HABIT

Aim to be active most days. Walking counts; so do cycling, swimming, exercise sessions or an organised sport. Choose something you can keep doing.

### MAKE IT SOCIAL

Walk with a mate, join a local club or team, or arrange regular activity with others. Shared activity supports connection as well as physical wellbeing.

### PROTECT YOUR SLEEP

Keep a fairly regular sleep and wake time. Wind down before bed and give screens and work a break.

### MAKE SPACE IN YOUR DAY

Take short breaks between demanding tasks. Avoid filling every gap; leave some breathing room.

### FACE ONE THING YOU'VE BEEN AVOIDING

Once a week, take one manageable step towards an issue you've been putting off. Make a call, start a conversation or deal with a task. Avoided issues can keep taking up mental space; facing them can help quieten the background chatter.

### SET LIMITS AND KEEP TIME FOR YOU

Decide what needs doing now, what can wait and what can be shared. Make room for an activity that restores you — nature, music, a hobby or time with people you enjoy.

## TAKE A QUICK CHECK-IN

| BODY | MIND | LEVEL |
|---|---|---|
| What am I noticing physically? | Am I worrying, rushing or going in circles? | How high is my stress right now? |

*A personal guide — not a diagnosis*

**1·3 STEADY** | **4·6 BUILDING** | **7·10 HIGH**

### MAKE IT REAL THIS WEEK

Schedule one activity with someone else · and take one step on something you've been avoiding.

### A THOUGHT TO TAKE WITH YOU

*You cannot always choose what happens; you can practise choosing your response.*

Inspired by Epictetus, Stoic philosopher

### A LIGHTER THOUGHT

"You don't have to fix the whole week on Monday."

Start with one small thing you can do today.