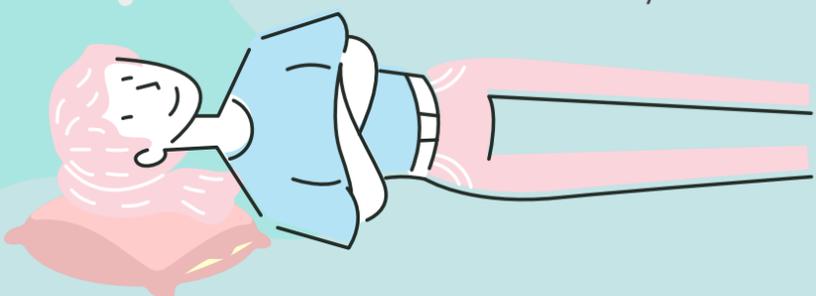


BETTER SLEEP

TIPS

1 Freeze

Lie on your back and relax. Stay still. Do not move any muscle and resist any temptation to move.



2 Breathe

Try breathing the "7-11" way.

Breathe in slowly and gently while counting to 7.

Breathe out slowly and gently while counting to 11.

Continue this until you fall asleep.

3 Count

For best results, concentrate hard as you try the following:

A) Count sheep. Imagine the sheep in specific locations and

B) Count slowly in your head. Start from 300 and count in threes down to zero: "300... 297... 294..."

4 Say & Repeat

Say the words below slowly in your mind.

Say the words again, this time more slowly than the first time. Repeat for as long as necessary.

Calmness... Sleepiness... Drowsiness...

Heaviness... Relaxation... Tranquility...

Serenity... Peace... Sweet Dreams

5 Change

Different sleep improvement techniques suit different people. Keep trying and persevere even if it doesn't work at first. If you've tried everything here already, try changing a small thing in your bedroom. For example, place your pillow in a different direction, close the door, or open the windows.



MANAGING ANGER

TIPS

1

Shout

Find a safe place where you can be alone to have a good shout! For example, go to your room and shout into your pillow for as long as you need to calm down.

Write

2

Jot down how you feel, why you feel this way, and any words or phrases that may be in your mind. Write as much as you need to, or draw and doodle as you wish.

3

Distract

Move your attention away from your anger. For example, you could visit your favourite website, listen to your favourite song, or go for a walk. Some apps may help you to release your frustration. Try searching for "POW" or "Crack & Break It"

Move

4

Get moving. Do some stretches or star jumps in your room. Help your family with some housework. Or go for a walk, run, bicycle ride, or swim. Depending on your fitness level, you may want to choose a sport or any physical activity that you find relatively strenuous.

5

Talk

A problem shared is a problem halved. So chat with someone you trust. However, in moments of anger, you may say hurtful things to even a trusted or loved one. So it may help to get out of the immediate situation first instead of talking to someone right away.

BETTER COMMUNICATION

TIPS



1 Be Clear

Be clear of what you want to say, and express it in a clear way. Don't assume that people know what you want.

Body Language 2

Do you fold your arms in front of your chest? Are you wearing a stern expression? What does your tone sound like? Sometimes your body language may cause someone to feel defensive or upset even before he/ she has heard what you have to say.

To help other people feel at ease, relax and keep an open posture. A calm voice will also ensure that your message doesn't sound threatening.



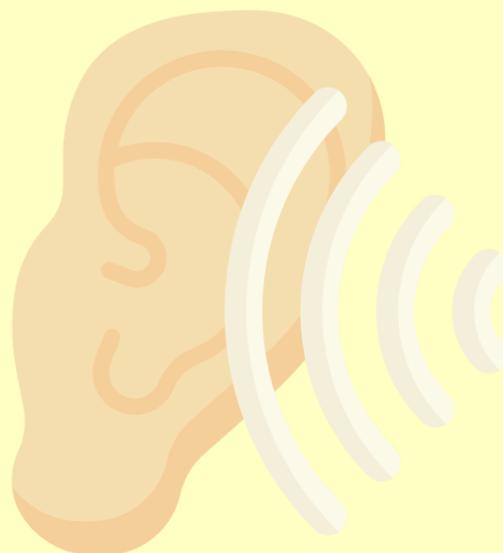
3 Say it now

Is there an issue you need to raise urgently, or a situation that needs to be resolved soon? Deal with it as soon as possible. The longer you leave it, the harder it gets, and the greater the tension that builds up. Just make sure that you stay calm when you talk about it.



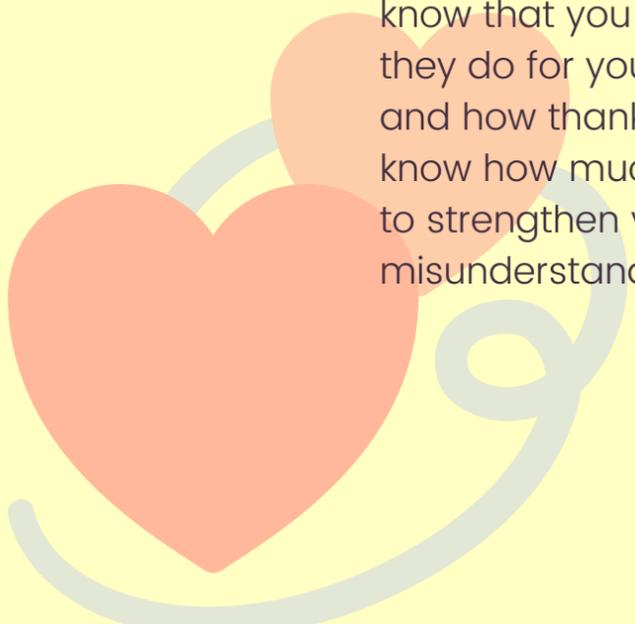
Stop & Listen 4

During a serious discussion or argument, it is hard to put aside our point for the moment and just listen. We're often so afraid of not being heard that we rush to keep talking. But this makes it all the more likely we won't be heard.



5 Convey Positive Feelings

To build good relationships, we must express positive feelings. Don't assume that people know that you like them or appreciate what they do for you. Let them know how you feel and how thankful you are. That way, they will know how much you value them. This will help to strengthen your relationship and reduce misunderstandings.



MANAGING DEPRESSION

TIPS

1 Get Enough Sleep

Sleeping too little is bad for your mood. So is sleeping too much. Aim for 7-8 hours of sleep and keep to a regular sleep schedule. Avoid using your phone or computer just before you sleep.



2 Try Omega3 Rich Food

Certain Omega-3 fats such as EPA and DHA may boost your mood. The best sources are fatty fish such as salmon, mackerel, and sardines. Grill or bake them for a healthy and delicious meal. If you don't take fish, try Omega-3 supplements from the pharmacy



3 Get Moving

Physical activity helps you to improve your mood. Start small with stretches, deep breathing, taking a shower or cleaning your room. Depending on your comfort level, you can also try taking a walk, doing yoga or whatever it is you enjoy.



4 Plan your day

Plan your day such that you will have something to do, be it a big or small task or activity. Giving structure to your day can have a big impact on how you feel. Start with simple activities such as showering, making breakfast or taking care of your pet. Then move on to other activities. Record what you do every day.



5 Be Kind To Yourself

Be less critical of yourself and allow yourself to be less than perfect. Many people experiencing depression hold themselves to impossibly high standards. When they don't meet these standards, they are very harsh on themselves. Instead of thinking about your faults, spend time with positive people who can influence you in a good way.



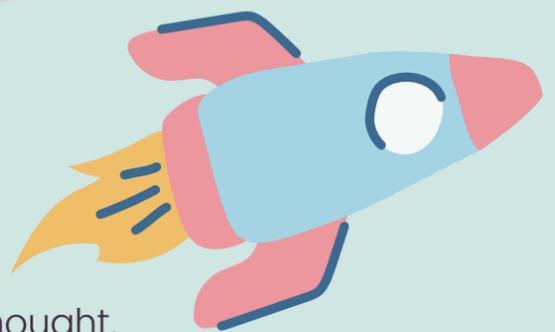
MANAGING ANXIETY

TIPS

1 Let It Go

Identify the unpleasant thought.
Tell yourself that it is unpleasant and unwanted.
Say to yourself quietly, but firmly:

Let it go... Let it go... Let it go...



2 Focus on the Present

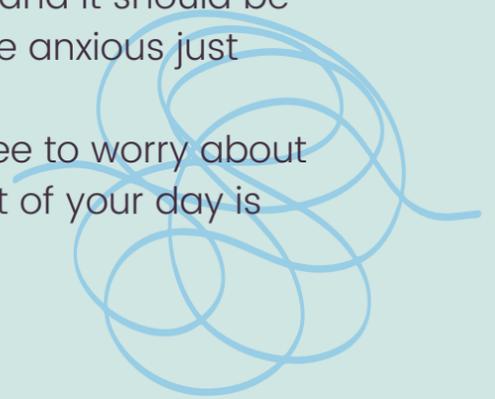
If you can't stop thinking about something, bring your attention back to the present moment. Pay attention to:

- * how your body feels
- * the rhythm of your breathing
- * your ever-changing emotions
- * the thoughts that drift across your mind



3 Fix a "Worry Period"

Set a time and place for worrying.
It should be the same every day and it should be early enough so that you won't be anxious just before bed-time.
During your "Worry Period", feel free to worry about whatever's on your mind. The rest of your day is your "Worry Free Zone"



4 Read & Shred

Write in detail the thoughts troubling you and how you feel about them. Read aloud what you have written and shred the paper.



5 Distance Yourself

Spend less time with people who make you anxious. Even when spending time with them, set your boundaries.
For example, don't talk about certain topics if you know that will make you anxious.



MANAGING STRESS

TIPS

1 Write It

Keep a stress journal to identify the stress in your life and how you deal with it. Each time you feel stressed, write the following:

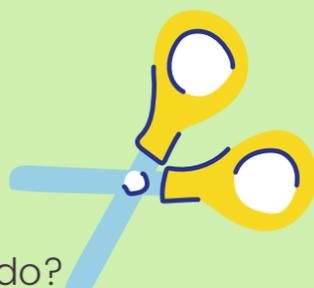
- * What caused your stress (Make a guess if you are unsure)
- * How you felt, both physically and emotionally
- * What you did in response
- * What you did to make yourself feel better

After some time, you will begin to see patterns



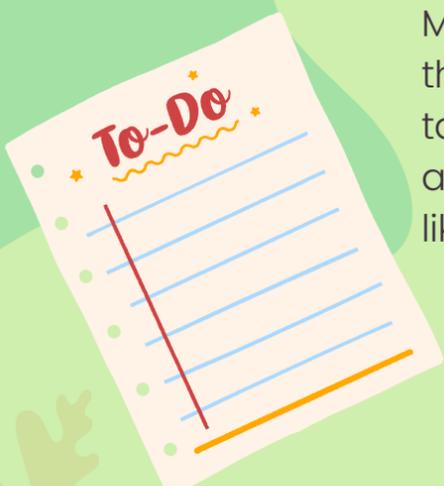
2 Move It

Exercise releases endorphins, which make you feel good. Choose an exercise that is relatively strenuous for your fitness level. 10-min bursts of activity that increase your heart rate and make you break out into a sweat can relieve stress and give you more energy and optimism. So why not go for a run, a stroll or just dance in your room?



3 Cut it

Look at your to-do list. Is there too much to do? Move the non-urgent tasks to the bottom or delete them entirely. Also, break each task into smaller tasks so you won't feel overwhelmed. Start to enjoy a small achievement or two, and you are more likely to finish the next task.



4 Chill It

Set aside time to relax in your schedule every day, no matter how busy you are. You need the time to take a break from all responsibilities and recharge your batteries.



5 Snooze It

Sleep is fuel for your mind and your body, so you definitely need enough of it. No matter how busy you are, get enough sleep. If you feel tired, you won't perform well and you may end up feeling more stressed.

