

# Stress TOP TIPS

*let yourself say no*

*break tasks down into manageable amounts*

*make time for things you enjoy, sleeping, eating and socialising*

*work together with people, ask for help*

*find a positive outlet*

*set achievable goals*



For more information, visit:  
[www.yourspacewestsussex.co.uk](http://www.yourspacewestsussex.co.uk)



# Self Esteem

## TOP TIPS

*challenge  
negative  
thoughts*

*celebrate  
your  
achievements  
even if they seem  
small*

*spend time  
with people that  
make you feel good  
and do things for  
others*

*low  
self-esteem is  
learned, so is  
being positive*

*identify  
an issue and  
make positive  
change*

*take time  
away from  
social media  
(at least an hour)*



This poster was designed by young people for other young people

# Anxiety

## TOP TIPS

*know your limits and triggers*

*gradually confront situations but have a plan*

*your feelings are valid - you are not a burden*

*challenge your negative thoughts and associations*

*ground yourself by trying to slow your breathing*

*focus on a positive memory or distraction*



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# Self Harm

## TOP TIPS

*find positive distractions*

*look after injuries properly to prevent infection*

*make sure you know basic first aid and don't use dirty items*

*identify your reason for self harming and try and find a substitute*

*notice when you feel better and acknowledge that you can do this*

*know when you need to go to A&E/minor injuries*

