

Helpful Tips for **Stress** **Awareness Month**





Embrace Kindness in Everyday Actions

A kind word or small gesture can brighten someone's day and make a real impact.



Be An Active Listener

Listen without judgment, validate feelings, and show compassion to those who need support.



Practise Self-Love

Set boundaries, prioritise rest, and do what brings you joy. Caring for yourself helps you care for others.



Support Your Community

Check in on friends, volunteer, or advocate for mental health. Small actions foster belonging and hope.