

SUPPORT YOURSELF

A gentle reminder

- You do not have to manage everything alone.
- Small, regular steps can protect your energy and wellbeing.

When to seek help

- Talk to a mental-health professional if stress is persistent, affects sleep or daily functioning, or feels unmanageable.
- Seek urgent help if you are having thoughts of harming yourself or someone else.

Take one step today

- Pause. Breathe. Name what you need.
- Reach out to one trusted person for support.

Care for your basics

- Drink water, eat regular nourishing meals, move or stretch briefly, and protect a consistent sleep routine as far as possible.

Create micro-breaks

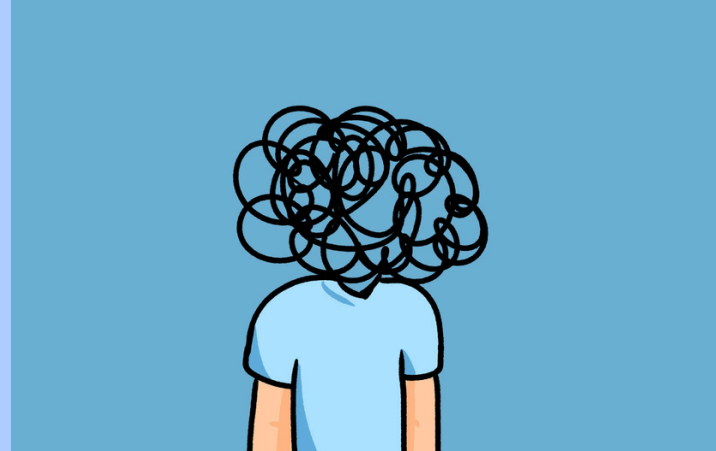
- Take 2–5 minutes between tasks. Stretch, step outside, listen to music or sit quietly.

Set realistic expectations

- Choose the top three priorities. Break large tasks into the next small action. “Good enough” is often enough.

Stay connected

- Share responsibilities where possible. Talk with family, friends, peer groups or professionals



**Need more
information?
Contact us!**

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GUIDE

Stress Management

Tips to improve your well-being



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An autonomous body under the Department of empowerment of Persons with Disabilities (Divyangjan), Ministry of Social Justice and Empowerment, Government of India

STRESS MANAGEMENT

01. Stress is a response

Stress can affect the body, thoughts, emotions and behaviour. Experiencing stress is not a sign of weakness.

02. Your wellbeing matters

Caring for yourself can help you respond more calmly and manage your daily responsibilities more effectively.

03. Inside this pamphlet

You will find quick calming techniques, healthy daily habits, problem-solving steps and signs that additional professional support may be useful.

CALM IN 5 MINUTES

1. Slow breathing

- Sit comfortably. Breathe in gently through your nose while counting to 1-5.

Breathe out through your mouth while counting to 1-5.

Continue for about 5 minutes.

2. Grounding 5-4-3-2-1

- Notice 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell and 1 thing you taste.

3. Release tension

- Gently tense one muscle group gently for a few seconds, then release. Gradually, move from hands and shoulders to legs and face.

If discomfort increases

- Stop the exercise, return to natural breathing and choose another calming activity.

COPE AND PLAN

1

Name the stressor

Write the problem in one sentence. Separate task into urgent, important and can't wait categories.

2

Choose what you can control

Identify one action, one person you can contact and one task you can postpone or delegate.

3

Reframe self-talk

Replace "I must do everything" with "I can take one step at a time and ask for help when I need it."

4

Make a support plan

Keep important contacts accessible. Schedule brief recovery time and review what worked each week.

5

Remember

If stress continues or worsens, seeking professional support is a sign of strength—not a failure.