

2025  
Mental Health Month

# 10 Tips to Stress Less

**TAKING  
STEPS** ON YOUR  
WELLBEING  
JOURNEY



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MENTAL  
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OCTOBER

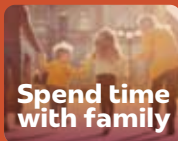
2025  
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# 10 Tips to Stress Less

**Listen to  
music**



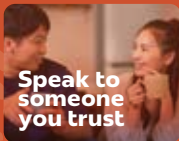
**Spend time  
with family**



**Make  
time for  
yourself**



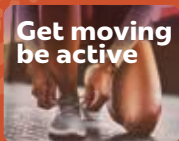
**Speak to  
someone  
you trust**



**Practice  
mindfulness**



**Get moving  
be active**



**Nourish  
your  
body**



**Take  
a break**



**Connect with friends  
and socialise**



**Get  
enough  
sleep**

