

Wearing slippers isn't the only thing that you can do to raise awareness and money. You can run a range of stress down activities which can be tailored to suit your company and its people.



TIPS TO DE-STRESS

- 1. Give yourself some space** If you feel stressed give yourself some space, take some time every day doing something you enjoy and not thinking about anything else - a walk round the block, a bit of gardening or a relaxing bath.
- 2. Don't do too much!** Be realistic in what you can achieve and celebrate success at every opportunity. Remember to take breaks and holidays and make sure you get a plenty of sleep! Not taking on too much, accepting offers of help from others and doing one thing at a time are ways to prevent stress.
- 3. Learn to relax** Relaxation is best done every day and at a time and place where you will not be disturbed. People relax in different ways. For some, physical exercise is a way of relaxing. Try walking, running, dancing, or sport. Others may prefer to sit quietly and go through a relaxation exercise or reading.
- 4. Talk** If things do feel like they're getting on top of you, try talking to friends, family and colleagues and remember you can always talk in confidence to Samaritans 24:7 on 08457 90 90 90.

HOW TO PAY YOUR DONATION

Please send us your donation and Gift Aid form as soon as you can after Stress Down Day.

Donate by post

Please send your Gift Aid form, paying-in slip and cheque or postal order to Stress Down Day, Samaritans, FREEPOST SEA12780, EPSOM, KT17 2BR. Please DO NOT send any cash by post

Donate by card

Telephone 08709 00 00 32 to make a credit or debit card donation (please remember to quote Stress Down Day when calling).

Donate at the bank

Use the paying - in slip and pay this into any Lloyds TSB bank.

We would love to hear what you are getting up to on Stress Down Day. Please email the team at stressdownday@samaritans.org to tell us how you will de-stressing and chilling out on the day.

We will of course be sending you a thank you certificate to thank you for all your hard work in supporting Samaritans—so please make sure you let us know your details!

Thanks

The Stress Down Day Team

