

Put on your 'SCARF' to reduce stress

S

Set boundaries

When your energy is low or you feel overwhelmed, say no to non-essential requests that will add to your load.

C

Compartmentalise

Mentally step away from your source of stress for a bit. Give your mind a break.

A

Avoid living in an imagined future

Be where you are. The future is rarely as we imagine it, and we miss out on the now if we start projecting into the future.

R

Recharge

Set aside 'me time' every day. Yes, every day! Ask for help. Rest. Exercise. Eat delicious, healthy food. Do things that top you up.

F

Forget the shoulds

You are doing your BEST. Don't scold yourself for the things you should be doing. Remind yourself of all the things you are doing.

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