



British Heart
Foundation

**10 MINUTES TO
CHANGE YOUR LIFE**
Your challenge



**FIGHT
FOR EVERY
HEARTBEAT**

bhf.org.uk

Take time out

Your 10 minute challenge

Take ten minutes to plan some stress-busting activities into next week

- think about the week ahead
- think through what you'll be doing and the likely 'danger spots' for stressful situations
- plan the stress-busting activities that you are going to build into your week.

Day	Danger spots	Stress busting activity
e.g	Anna's birthday party	Avoid stress: Do shopping tomorrow. Change reaction: relaxation exercise before party
1		
2		
3		
4		
5		
6		
7		

At the end of the week, look back over what you did and answer these questions.

What worked?

What can you do in future to help reduce stress?

What didn't work?