



# HOW DO YOU BEAT STRESS?

**MEN'S  
HEALTH  
WEEK**

MEN'S HEALTH FORUM 

Singing is a proven stress-buster.

Then there's exercise, dancing, laughing, music, painting, writing, volunteering, helping a mate, learning something new, meditating and getting a good night's sleep.

**But one thing helps more than anything.**

**LET'S TALK**  
[menshealthforum.org.uk](https://menshealthforum.org.uk)