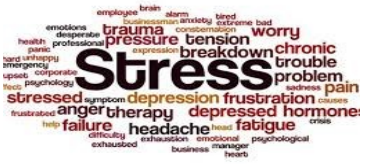
Stress is an unavoidable fact of life and it is normal to feel stressed or anxious at the same time. A certain amount of pressure can be good and positive thing as it keeps you lively and enthusiastic. Too much stress causes strain and tension and if these feelings persist or affect your life it is important to seek help. Although people react to stress in different ways, the effects on our bodies is often the same.



How to manage stress.

Short term effects

- Pale Face
- Dry Mouth
- Muscle Tension
- Faster Breathing
- Constant run down feeling
- Short tempered or angry
- Lack of concentration
- Faster heart beat
- Sweaty hands
- Feeling cold
- "Butterflies"

Long term effects

- Headaches
- Heart disease
- Back ache
- Leg aches
- Appetite loss or eating too much
- Finding life hard to cope with
- High blood pressure
- Anxiety, fear or panic
- Indigestion & ulcers
- Skin conditions
- Sleeping badly or waking early

Management of Stress

Finding a balance in life

- Learning to know your limits
- Identifying the causes of your stress
- Recognising and being aware of stress dangers and signs
- Avoiding too many changes in your life at one time
- Becoming more assertive and knowing what it is you want
- Taking time out to relax and keeping some time for yourself
- Trying to regain the balance of your life

Coping with everyday stress by:

- Planning ahead-don't leave things to the last minute
- Setting goals and priorities which are realistic-don't be too ambitious
- Identifying the source of the problem—consider how you can change things
- Talking worries over—find support from family, friends or school.
- Taking up a new hobby—get involved in something you enjoy.
- Becoming more active—regular exercise helps you feel fit and relaxed.
- Looking after your body by eating healthily—eat fresh fruit and veg and have a proper breakfast.

If you experience stress, why not try out some of these tips to see how they work for you. They may help you feel calmer and better able to cope.

Find out what triggers your stress

You can then think about what you can stop doing or change to be able to manage the triggers better.

Sort out your worries

Divide them into those that you can do something about (either now or soon) and those that you can't.

Get organised

Make a list of jobs; tackle one task at a time; alternate dull tasks with interesting ones.

Take control

Get started by doing one task you feel you can manage; for example, making an appointment or doing your homework.

Take a regular break

Give yourself a brief break when you feel things are getting on top of you—get a hot drink or a glass of water or take a short walk.

List your achievements

When you have done something you feel proud of, write it down. Remember to include the everyday tasks. When you feel stressed, read the list to give yourself a boost.

Be active

Physical activity can help you feel calmer, stronger and better able to deal with emotional stresses. Try something you enjoy e.g. walking or playing a sport.

Get a different perspective

Discussing your problems with someone else can help you get ideas about new ways of dealing with your problem or stress. Sharing your thoughts can also help you feel calmer and listened to.

Sleep well

Wind down before bed and don't revise under the duvet-your bed is a sanctuary, not a desk. Get your 8 hours!

Where to get help:

- **Your GP's surgery**
- **Form Tutor or Head of House**
- **Student Support Team at school (Miss Rogers, Mrs Gwyther, Miss Pravda & Mrs Goulding)**
- **Steve—School Counsellor**
- **Dianne—NHS School Community Nurse**

https://www.mind.org.uk

www.nhs.uk/livewell/stressmanagement

Download the *calm* app
It can help with relaxation techniques