Stress

What is stress?

People feel stressed when they feel like the demands or pressures on them are more than what they can cope with. Everyone feels stressed at times.

In short: Stress is the emotional and physical strain caused by our response to pressure from the outside world

What causes stress?

There are many reasons why you might feel stressed. Some examples:

- Health
- Relationships
- Work/School pressures
- Financial pressures

Stress can be even worse if your family is breaking up, someone close to you is ill or dies, or if you are being physically or sexually abused.

People vary in the amount that they get stressed by things- you may find that you get very stressed out by exams, but your friends don't seem bothered!

Positive events can also be stressful! for example starting a new job or going to university. Many people need a little bit of stress to give them the 'get up and go' to do things that are important to them

Effects

Stress can affect different people in different ways. It can affect your body and your feelings. Some of the effects are listed below:

Effects on your body:

- Tired-Disturbed sleep
- Going off your food/eating too much
- Change in mood
- Headaches and Tension
- Aches and pains in your neck and shoulders

Effects on your feelings:

- Feeling sad and easily upset
- Angry/ Irritable/ losing temper easily
- Finding it hard to keep your mind focused/ poor concentration

Coping

There are several things that you can do to help yourself cope.

- Don't suffer in silence! Feeling alone makes it harder to deal with
- Talking to someone you trust can help you deal with stress and tackles the problems that are causing it
- Make a list: write down what is making you feel stressed- take each one and work out how you could tackle it, this can help you sort things out in your head.
- TAKE A BREAK! Do something you really enjoy
- Exercise: This produces chemicals in your body called 'endorphins' which make you feel good!

When to get Help

Signs that stress is getting too much and that you should get help:

- You feel that stress is affecting your health
- You feel so desperate that you think about stopping school, leaving work, running away from situations or harming yourself
- You may feel low, sad, tearful or that life is not worth living
- loss of appetite or overeating
- Difficulty sleeping
- You think negatively about yourself most of the time
- You are using drugs or alcohol to help you cope and block out stress

IF you can't change the source of your stress try to focus on changing your attitude towards it

MENTAL HEALTH CHARITY
T.A.M.H.I

Types of help

H.O.W.T.O.B.E.A.T.S.T.R.E.S.S

Holiday
Open up talk
Work

Try to stay in the present
Own up- if you're feeling stressed

Be realistic about what you can do
Eat a balanced diet
Action plan
Time prioritise what you need to do

Set goals
Talk about it
Relax
Exercise
Say no and don't feel guilty
Seek professional help

Talking Therapies:

- **Speak to a Family Member, Friend, Teacher, Councillor, GP, Coach or trusted adult**

Medication.

- **Speak to your GP to discuss if medication is required**

Getting Support

Lifeline is a 24hr help and counselling service. They can give you immediate support and information on local services.

Lifeline

0808 808 8000

You can:

- **See your doctor**
- **Call the out of hours GP service**
- **Go to A&E department**
- **Call emergency services**
- **Text Teammate to 85258**
- **Call Samaritans on 116 123**
- **Don't let things build up; talk to people you love and trust.**

"Rise above the storm and you will find the sunshine"

Take 5 Steps for Wellbeing

The Take 5 Steps for wellbeing are an evidenced based way to promote mental health.

Do something nice for a friend. Smile. Volunteer your time and help your club.

Surround yourself with Family, friends or teammates. Good connections will help you feel supported.

Don't be afraid to try something new. Take up a hobby and something you enjoy and learn a new skill.

Exercise acts as an anti-depressant. Being active is good for your mental health and physical health.

Be aware of the world around you and how you are feeling. Take a step back, breath and take a time out.

www.tamhi.org