

What Is Stress

Stress is the feeling of being under too much mental or emotional pressure.

Causes of Stress

There are many things that can cause stress including:-

Work

Health

Financial Difficulties

Exams

Relationships

Stress and the Body



Sleeping Problems



Stomach Ulcers



Diabetes



Reduced Blood Pressure



Reduces Immunity



Heart Problems

Stress and the Mind



Anxiety



Impairs Learning



Depression



Memory Loss



Demotivation

Also, existing mental health problems can be increased

Mental Health Awareness

#ItsOKNottobeOK

Our mental wellbeing is just as important as our physical wellbeing

Break the stigma! Lets talk

Ways to deal with stress and improve wellbeing

Try Mindfulness

A meditation technique that draws the persons attention to present moment experiences



Be Mindful

It helps you to control your stress level before it controls you.

Eat Well

A balanced diet can improve energy levels and improve your mood



Include fruit, vegetables and foods with Vitamin D sources in them

Get outdoors and enjoy the sunshine!



It can improve the body's Vitamin D and Serotonin levels, both are essential for health and wellbeing

Talk About It

Don't suffer in silence #ItsTimeToTalk



Many have been there, so never feel ashamed or embarrassed to talk to your friends, family, doctor or a helpline

Keep Active

Exercising is a great way to relieve stress, as it helps release the 'feel good' chemicals in our body



Not all exercise is physically exhausting, some is very gentle such as Yoga

Stress And Drug Use



Avoid smoking, drinking alcohol and caffeine as a way of coping. They can increase anxiety

Other drugs including Cannabis can lower your mood leading to depression



Avoid Stimulants such as Ecstasy and Cocaine to improve your mood.

The initial feeling of euphoria can be followed by anxiety, depression and suicidal thoughts



Deciding to self-medicate can be very dangerous.

Always seek medical advice from your GP



Further Advice and Help

BeMindful.co.uk



For everything about mindfulness: Advice, online courses, contacts of classes etc

NHS choices
Your health, your choices
www.nhs.uk

Also, there are apps -see above website under 'NHS apps library' section

SAMARITANS 116 123

Free phone 24 hours everyday from land-lines and mobiles

PAPYRUS
prevention of young suicide
HOPElineUK 0800 068 41 41

www.papyrus-uk.org

time to change
let's end mental health discrimination

www.timetochange.org.uk

Personal stories

Information on mental health issues and help



www.mind.org.uk

Mind Infoline:
0300 123 3393

Or text 86463