

STRESS AND DRUG USE

DECIDING TO SELF-MEDICATE CAN BE VERY DANGEROUS.

ALWAYS SEEK MEDICAL ADVICE FROM YOUR GP.



AVOID SMOKING, DRINKING ALCOHOL AND CAFFEINE AS A WAY OF COPING. THEY CAN INCREASE ANXIETY.

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.



OTHER DRUGS INCLUDING CANNABIS CAN LOWER YOUR MOOD LEADING TO DEPRESSION.

— MENTAL HEALTH AWARENESS —



- HELP & ADVICE -



PAPYRUS
PREVENTION OF YOUNG SUICIDE

www.papyrus-uk.org
0800 068 4141



Be Mindful

www.mentalhealth.org.uk
bemindful.co.uk

SAMARITANS

www.samaritans.org
116 123

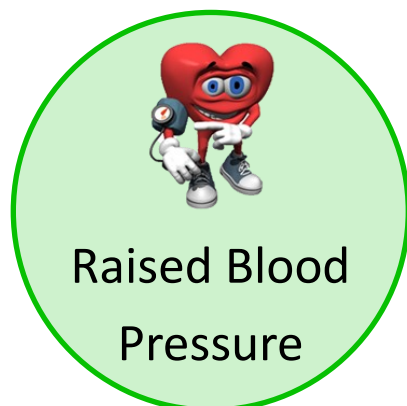
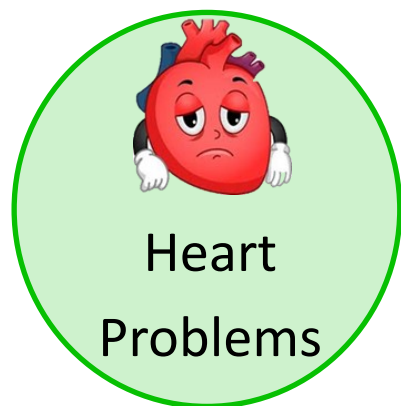
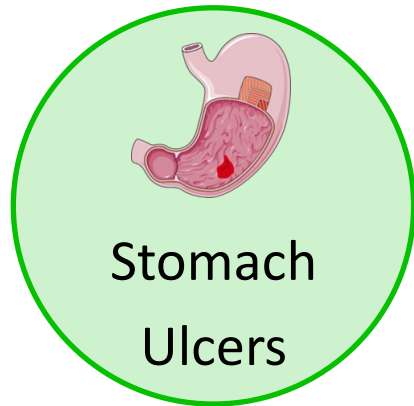
— IT'S OK NOT TO BE OK —



OUR MENTAL WELLBEING IS JUST AS IMPORTANT AS OUR PHYSICAL WELLBEING - AND STRESS CAN BE A COMMON FACTOR THAT CAN IMPACT THIS.

STRESS AND THE BODY

STRESS CAN CAUSE PHYSICAL HEALTH PROBLEMS INCLUDING....



MENTAL HEALTH EFFECTS



ANXIETY **DE-MOTIVATION**
DEPRESSION **MEMORY LOSS**
DIFFICULTY IN RETAINING INFORMATION

WAYS TO DEAL WITH STRESS

TRY MINDFULNESS

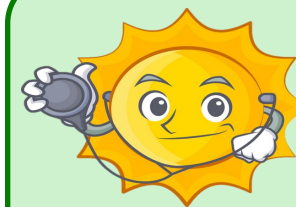


Mindfulness is a meditation technique that draws the person's attention to present moment experiences. This can help you to control your stress level before it controls you.

EAT WELL



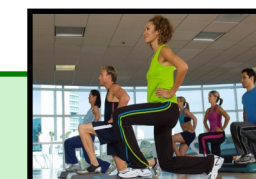
A balanced diet can improve energy levels and improve your mood. Include fruit, vegetables and foods with Vitamin D sources in them.



GET OUTDOORS AND ENJOY THE SUNSHINE!

It can improve the body's Vitamin D and Serotonin levels, both are essential for Health and Wellbeing.

KEEP ACTIVE



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

Not all exercise is physically exhausting. Some, such as Yoga and Pilates can be very gentle.

TALK ABOUT IT



Many people have been in that position, so never feel ashamed or embarrassed to talk to your friends, family, doctor or a helpline

Don't suffer in silence!
#ItsTimeToTalk