Not forgetting the Importance of the Stress Container

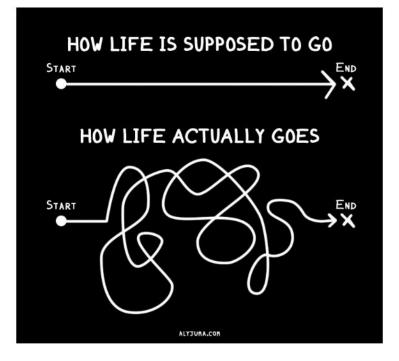








Gentle reminder that not every day "has to count". Some days are about just making it to the next one. That counts, too.



Not forgetting the Importance of the Stress Container

Hi everyone,

I hope this email finds you well for Well-being Wednesday.

As we move into the sunnier months (finally) and all this next term will undoubtedly bring, I am sharing some resources and information on the 'Stress Container' from Mental Health First Aid England.

Understanding what causes us stress and taking action to manage our stress levels is a key part of looking after our mental health and wellbeing.

The Stress Container can help us understand how we experience stress and how to recognise and address our own stress levels.

There's a really useful interactive tool to explore it below:

https://mhfaengland.kokodigital.co.uk/frame_content.php

https://mhfaengland.org/mhfa-centre/resources/address-your-stress/stress-container-resource-download.pdf

Please have a look and I've attached some posters about what stress is, sources, top tips for addressing your stress and a weekly well-being check list too.

So try not to stress, just do your best and forget about the rest! And remember to laugh and smile when you can, because that always brings some balance to a perceived tricky situation. (3)

#stressawareness #mentalhealthmatters #bekindtoyourmind #workplacewellbeing #stresscontainer #breathe #letitgo #newdaynewthoughts #wellbeingweds

Every Interaction a Conscious Intervention