

# Not forgetting the Importance of the Stress Container

## WHAT IS STRESS?

### #ADDRESS YOUR STRESS

Stress is the body's response when it senses danger. We all experience stress and need it to function.

But when stress interferes with our lives, it becomes a problem. Too much stress, for too long, can make us ill.

If unaddressed, stress can cause mental health issues like depression or anxiety and harm our physical health.

1 in 6 British workers will experience depression, anxiety or stress-related issues.

There are simple steps you can take to #AddressYourStress. Check out our resources at [mhfaengland.org](http://mhfaengland.org)

## SOURCES OF STRESS

### #ADDRESS YOUR STRESS

Even happy events can cause stress in our lives. When it goes unaddressed for too long, stress can trigger mental and physical health issues.

Some common sources of stress include:

Life changes	Emotional	Physical	Environmental	Changes at work
Leaving home, getting married or having children	Peer pressure	Late nights or lack of routine	Poor housing or accommodation problems	Starting a new job
Divorce or relationship breakdown	Conflicting cultural values and beliefs	Poor diet	Social isolation	Coping with an increased workload or a promotion
Health scares or physical illness	Coping with uncertainty	Misuse of alcohol or drugs	Unemployment	Poor relationships with colleagues or managers
Accidents or terrorism			Adjusting to new environments such as moving house or travel	Redundancy, or the fear of it
Legal issues, arrest or imprisonment			Financial pressures	

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## Top tips for managing stress in the workplace

### #ADDRESS YOUR STRESS

- Take regular breaks**  
Build breaks into your work schedule. Stepping back allows you to fulfil your duties and retain information without being too exhausted. Healthy habits such as walking time for exercise, however small.
- Share how you feel**  
You don't have to deal with mental health problems on your own. Check in with others and yourself. Our My Mind, Not Me! and Taking Time for you campaigns encourage shared mental health to support workplace wellbeing. Download free resources at [mhfaengland.org/for-whatsoever](http://mhfaengland.org/for-whatsoever)
- Boost your energy levels**  
Make sure what you do still works for you. Your mind can be improved over time and give you more energy. Try using your headphones to listen to your favourite music.
- Reduce your screen time**  
Improve your sense of digital wellbeing. Set your off hours. Take breaks between screens. Use your mobile phone to help reduce fatigue and give your eyes a break.
- Set aside time for self-care**  
Give yourself permission to take time, switch off and unwind after work. Actively making time for yourself is a regular part of your routine. Help to avoid overworking. Top tips include taking a walk.
- Learn a new skill**  
Learning is exciting and rewarding. Try something new at work or in your personal life. It can help boost your confidence and mental wellbeing.
- Sleep well**  
Try to get a good night's sleep. Good sleep is essential for your mental health. Try to get a good night's sleep. Good sleep is essential for your mental health.

Download our free resources at [mhfaengland.org](http://mhfaengland.org)  
Contact us to improve your workplace mental health: [info@mhfaengland.org](mailto:info@mhfaengland.org)

## WEEKLY WELLBEING CHECK-UP

### #ADDRESS YOUR STRESS

Try using this list each week to check in with your mental health

**Where's my mental health today?**

How do I feel today?

Mentally?

Physically?

**Looking after my wellbeing**

Am I drinking enough water and eating a balanced diet?

How well am I sleeping?

Did I feel rested when I woke up?

Is there anything I can improve?

**How's my thinking today?**

How are my thoughts making me feel?

Am I having unhelpful thoughts?

For free resources on spotting and challenging unhelpful thoughts, visit [mhfaengland.org/whatsoever](http://mhfaengland.org/whatsoever) or use it Your Mind, Not Me! (Every Mind Matters)

**My Stress Container**

How full is my container?

Am I using helpful coping strategies?

Are they working?

Learn about your stress container here: [mhfaengland.org/mhfa-whatsoever-resources](http://mhfaengland.org/mhfa-whatsoever-resources)

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

## HOW LIFE IS SUPPOSED TO GO

START → END

## HOW LIFE ACTUALLY GOES

START → END

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## 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.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. 😊

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

**Every Interaction a Conscious Intervention**