

Stress Awareness Week 2023 and Self Care

Let's Address Stress #1

What is stress?

- Stress is a heightened sense of pressure
- It can affect any person at any stage of life
- Stress occurs due to a range of factors such as undergoing life changes, being under pressure and facing uncertainty
- Only the person experiencing stress can determine whether it's present and how severe it feels

Visit mentalhealth-uk.org/stress for advice on managing stress



Let's Address Stress #2

How to spot the signs of stress

Stress can manifest itself physically and emotionally. It can also affect our behaviour and thinking.

Physical symptoms include:

- Muscle aches, dizziness, chest pain, nausea and headaches

Emotional symptoms include:

- Feeling irritable, overwhelmed, angry, restless and scared

Behavioural symptoms include:

- Avoidance, changes in eating habits, using alcohol

Cognitive symptoms include:

- Racing thoughts, memory lapses, indecisiveness

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Let's Address Stress #3

How to talk about stress & support others

- Actively listen
- Validate how they're feeling by trying to understand and recognise their experience
- Help them try to uncover and talk about their triggers
- Ask the person what they think might help reduce the pressure they're experiencing
- If you can, offer practical help with the causes of stress
- Support them to seek professional help



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Let's Address Stress #4

5 self-care strategies to help reduce stress

1. Establish your priorities - be it in work or daily life
2. Complete your own stress bucket to identify your stressors and how to manage them
3. Reach out to family and friends
4. Spend time exercising or out in nature
5. Once a week, try to set time aside for a hobby you love or try something new



mentalhealth-uk.org/bucket

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Hello there! 🙌

I hope you are doing ok and looking after yourselves.

As April being 'Stress awareness month' is drawing to a close, I am sharing some Infographics about if you experience feelings of stress, knowing how to manage them and the challenges in prioritising your wellbeing as well as supporting each other.

Stress is a big issue for Britain today. In the UK's largest every stress survey, 74% of people said stress has made them feel overwhelmed and unable to cope. But there are lots of little ways you can help manage stress every day and how making small changes can really make all the difference.

Mental Health UK have put together some tips of things that you can do to help put yourself first, recharge and recover.

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Remember, "self-care is how we recharge our battery so we can show up for others" - Oprah Winfrey.

So please take a look 👁️..... because Mental Health matters! 🧠 ❤️

#stressawareness #beinghuman #selfcare #youmatter #boundaries #thrivenotsurvive
#wellbeingweds #workplacewelfare