

STRESS AWARENESS



SIGNS OF STRESS

Emotional: Feeling Irritable, over-burdened, anxious and lonely

Behavioural: Constant worrying, restlessness, being tearful. Also unable to concentrate, change in diet and increase in smoking/drinking

Physical: Feeling tired all the time, having frequent headaches, chest pains or indigestion and problem with normal sleep pattern

STEPS TO FOLLOW

- **Talk** about Stress and it's effects openly and freely with friends, family and colleagues.
- **Share** your coping mechanisms, it might help you take your focus off your own challenges.
- **Be compassionate and empathetic** to those who are stressed and anxious
- **Look after yourself** – we all need to think more about self-care. Take time out of your day to relax or do something that you enjoy. Don't forget to exercise and eat well, even when you feel too stressed.

DEALING WITH PRESSURE

Identify triggers
Organize your time
Address some of the causes
Accept the things you cannot change

BUILDING RESILIENCE

Making lifestyle changes
Look after your physical health
Give yourself a break
Build your support network

STRESS RELIEVING ACTIVITIES

Exercise, meditate or just stretch your body
Follow hobbies like dancing/knitting etc
Engaging brain by solving puzzle/reading

NUTRITION

Foods that help during stress:
Tea, avocado, banana, fatty fish (omega-3), carrots, milk, dark chocolate, nuts, yoghurt, oatmeal.

Learn more about children's Mental Health at www.mygoodbrain.org