

# 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](http://www.mygoodbrain.org)