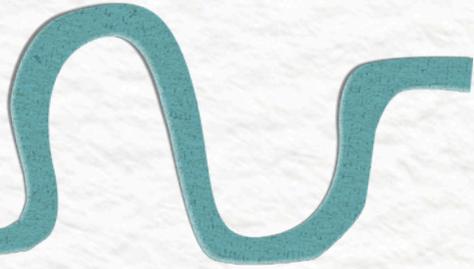


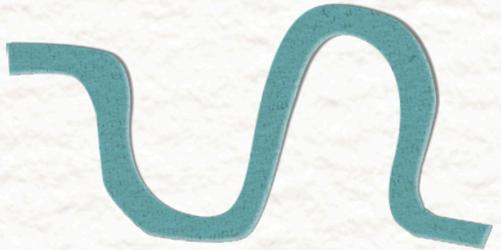


**LET'S TALK ABOUT
STRESS**

@dorsetmhst



WHAT IS STRESS?



Stress is how our body reacts when we feel under pressure or overwhelmed.

It's normal to feel stressed sometimes, but too much stress can feel tough to handle.

You might notice:

- Fast heartbeat
- Trouble sleeping
- Feeling worried or irritable
- Headaches or tummy aches

(SOME) SIGNS OF STRESS



**TROUBLE
CONCENTRATING**



**CHANGES IN SLEEP
PATTERN**



**FEELING
DISORGANISED**



HEADACHES



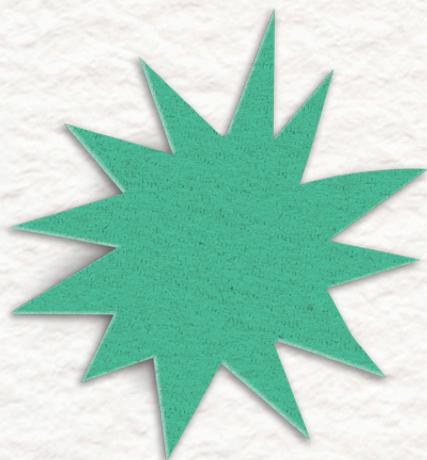
LOSS OF ENERGY



MOOD CHANGES



STOMACH ACHE



IRRITABILITY



**FREQUENT
FRUSTRATION**

WHAT CAUSES STRESS?

Stress can come from different things, like:

- Schoolwork or exams
- Friendship problems
- Big changes in life
- Pressure to do well

Everyone experiences stress differently and that's okay!

HOW CAN YOU MANAGE STRESS?

- ★ listen to calming, quiet music
- ★ keep a thought journal next to you where you can jot down distracting/stressful thoughts
- ★ practice gratitude and mindfulness
- ★ get outside and get some fresh air
- ★ make time for doing things you enjoy
- ★ try meditation or deep breathing exercises
- ★ move your body
- ★ get a good night's sleep

IT WILL BE OK



you're allowed to step back and take a break



remember it's always okay to ask for help



you can get through this



you are more capable than you know



take things one step at a time

IF STRESS FEELS LIKE TOO MUCH, YOU'RE NOT ALONE:

Talk to a parent, teacher, friend, or reach out to a helpline:

Childline

Open 24/7

Call Childline on 0800 1111 and you'll get through to a counsellor who will listen and support you with anything you'd like to talk about. Childline also have an online chat function on their website where you can speak to a trained counsellor.

Kooth

Kooth is a web based confidential support service available to young people. You can use their chat function on their website and sign up for online counselling. www.kooth.com

Connection

Open 24/7

Connection is a 24/7 telephone helpline for all ages (0800 652 0190) who provide direct and immediate help or signpost you to a range of other services.

Shout

Open 24/7

Shout is a 5 digit number you can text and a trained crisis volunteer will respond. It's available 24/7. Text Shout to 85258.

Young Minds

Open 24/7

Young Minds provides free, 24/7 support for young people across the UK Text YM to 85258. All texts are answered by trained volunteers, with support from experienced clinical supervisors.

