

STRESS



Stress Awareness Day, 2nd November

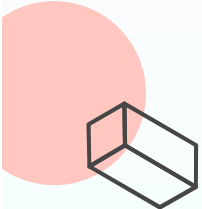
Most people feel stressed sometimes and some people find stress helpful or even motivating. But if stress is affecting your life, there are things you can try that may help.

Symptoms of stress

Stress can cause many different symptoms. It might affect how you feel physically, mentally and also how you behave.



○ Answer the question:



What do you do to
relieve stress?



Things you can try to relieve stress...

- try talking about your feelings to a friend, family member or health professional.
- Exercise and set aside time for yourself
- use easy time-management techniques to help you take control
- Use calming breathing exercises
- plan ahead for stressful days or events – planning long journeys or making a list of things to remember can really help
- consider peer support, where people use their experiences to help each other.