

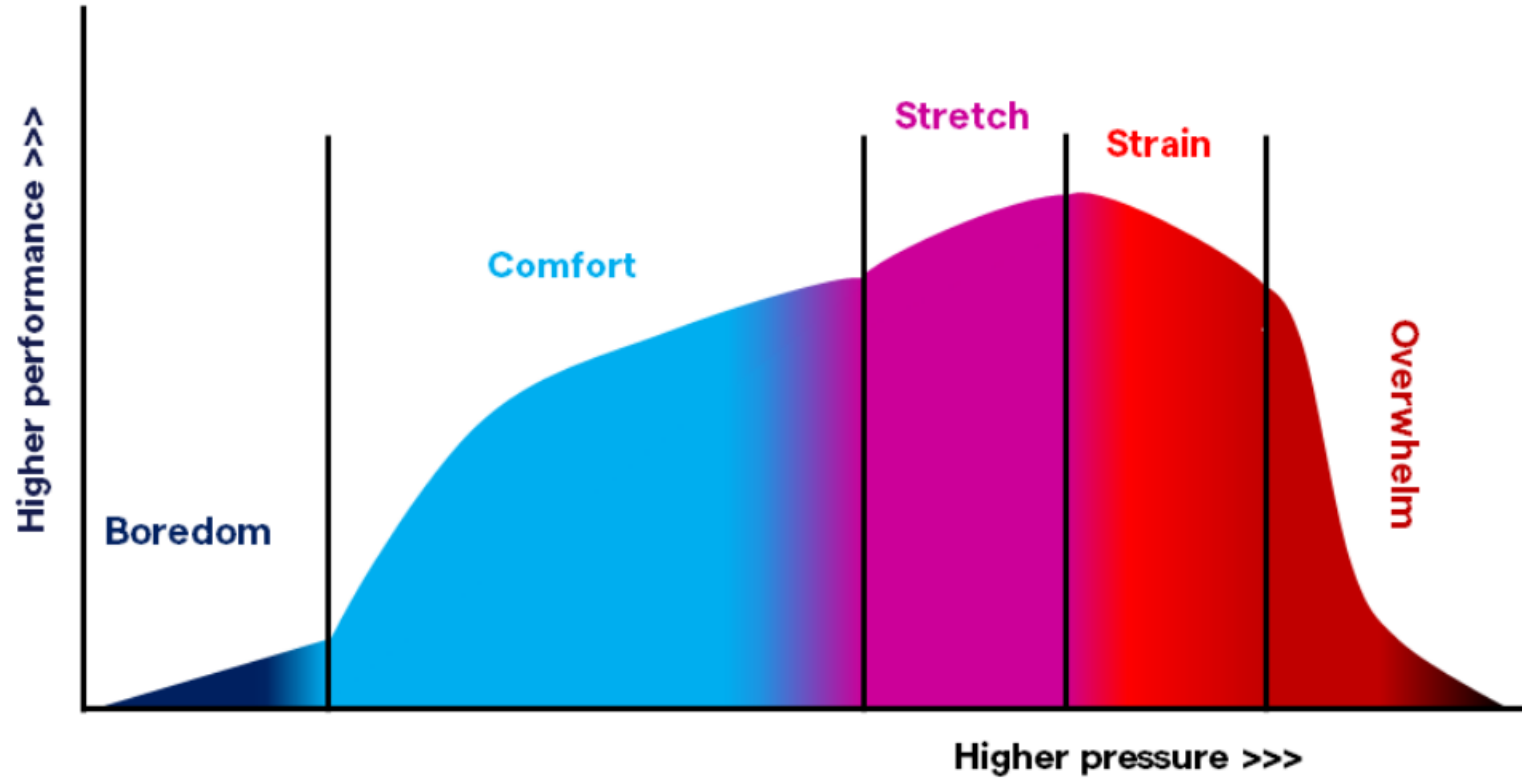
What is stress?

- **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



The pressure performance curve



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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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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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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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