



Stress:

Stress arises from

- Changes in the way we live
- Changes in our environment (e.g. who we love and who we live with)
- Changes in friendships
- Loss and grief
- School (exams etc)
- Relationships
- Illness
- Difficult situations, causing boredom, frustration, and excitement and uncertainty.

Stress affects body and mind.

Some stress is good

- It gives us excitement
- It helps us succeed

Too much stress makes us

- Unable to function properly
- Tired
- Unwell

Everyone reacts differently to similar situations. Each person has their own needs and limits to stress.

Signs of Distress

Feelings of ...

- Sadness
- Exhaustion
- Anger
- Physical tension and pain
- Irritability
- Anxiety
- Difficulty with sleep

Distress comes from

- Too many changes happening at once
- Sudden change
- Little energy to cope
- Crisis
- Overwhelming situations

Resulting in ...

- Loss of concentration
- Irritability
- Loss of appetite
- Not caring for self
- Fidgeting
- Headaches
- Mistakes in schoolwork
- Sickness
- Lack of energy

Children and Adolescents can get just as stressed as Adults.

What helps me when I'm stressed

Ideas from others collected at a workshop:

Breathing steadily
Listening to/playing music
Planning
The outdoors
Food
Walking in the fresh air
Changing attitudes
Not taking things to heart
Plugging in to a higher strength
Taking time out
Mixing with people
Writing down feelings
Taking a bath
Going on a fast/hard bike ride
Thinking about ways I could solve the situation
Painting
Having faith and hope
Listening to others
Learning new ways
Saying to yourself "I did the best I could"
Spending time with animals/pets
Being less demanding of myself
Saying "I'm unique, special, I'm me"
Laughing
Running
Expressing feelings verbally
Thinking "I'm OK"
Watching videos
Thinking of things you like
Reading/writing poetry
Lying in the sun
Singing
Sleeping
Reading
Talking with a friend
A sense of humour

