

DEALING WITH STRESS

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PRESENTATION CONTENT

Background

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Symptoms

When does it become a problem

How to deal with stress

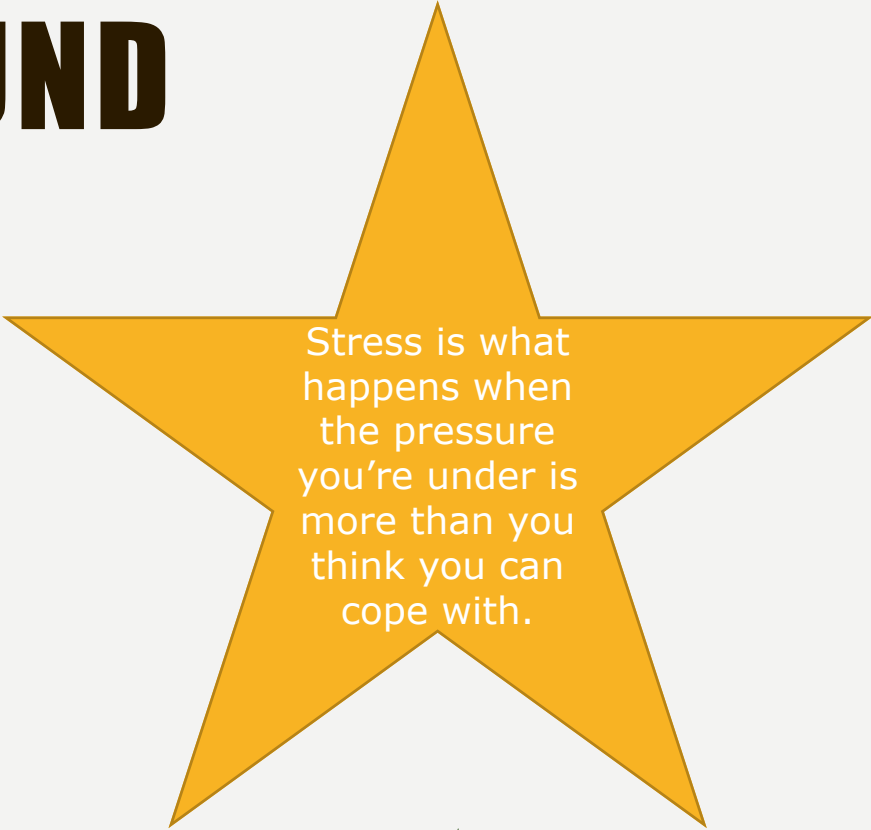
A to Z coping strategies

Tips for parents

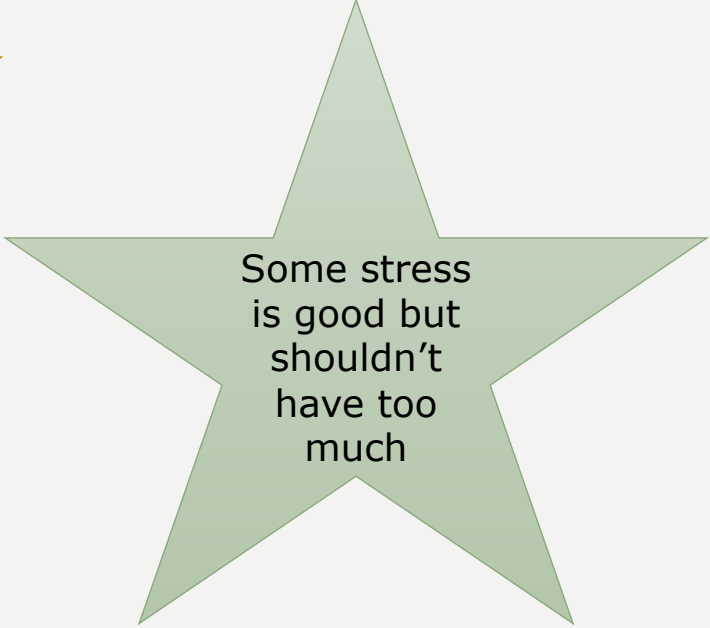
Time management

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BACKGROUND



Stress is what happens when the pressure you're under is more than you think you can cope with.



Some stress is good but shouldn't have too much

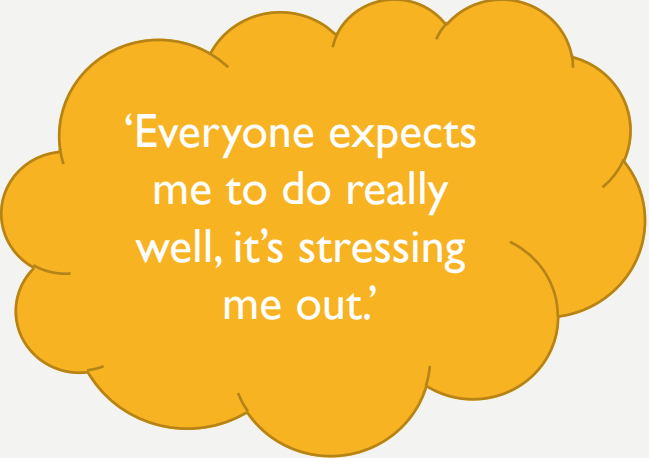



Stress is a very common symptom for anxiety and depression

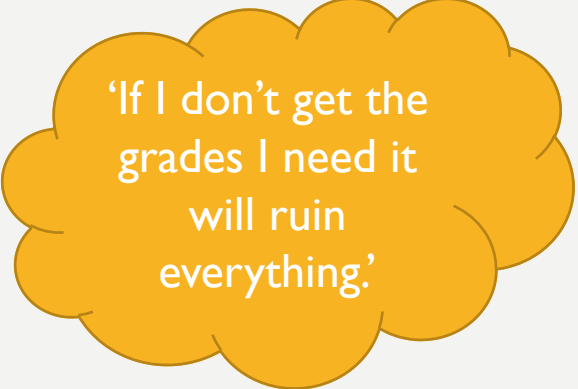


Everybody experiences it

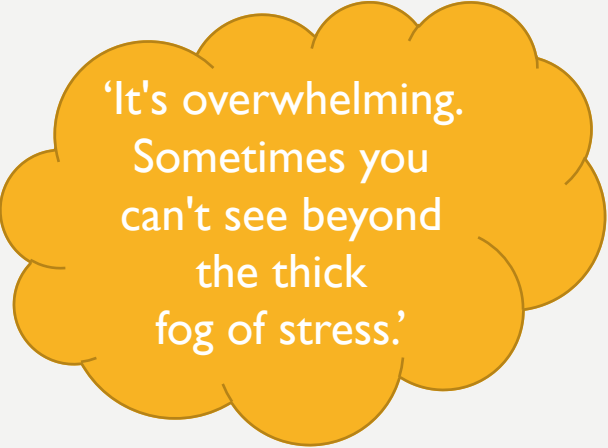




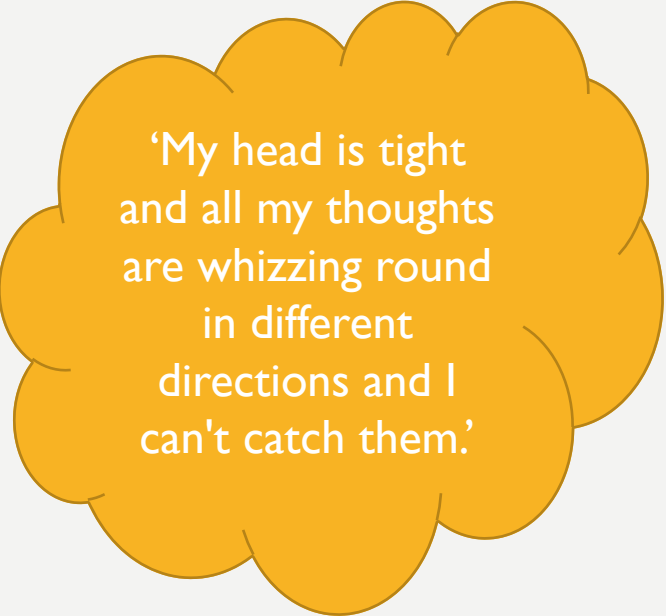
'Everyone expects me to do really well, it's stressing me out.'




'If I don't get the grades I need it will ruin everything.'



'It's overwhelming. Sometimes you can't see beyond the thick fog of stress.'



'My head is tight and all my thoughts are whizzing round in different directions and I can't catch them.'



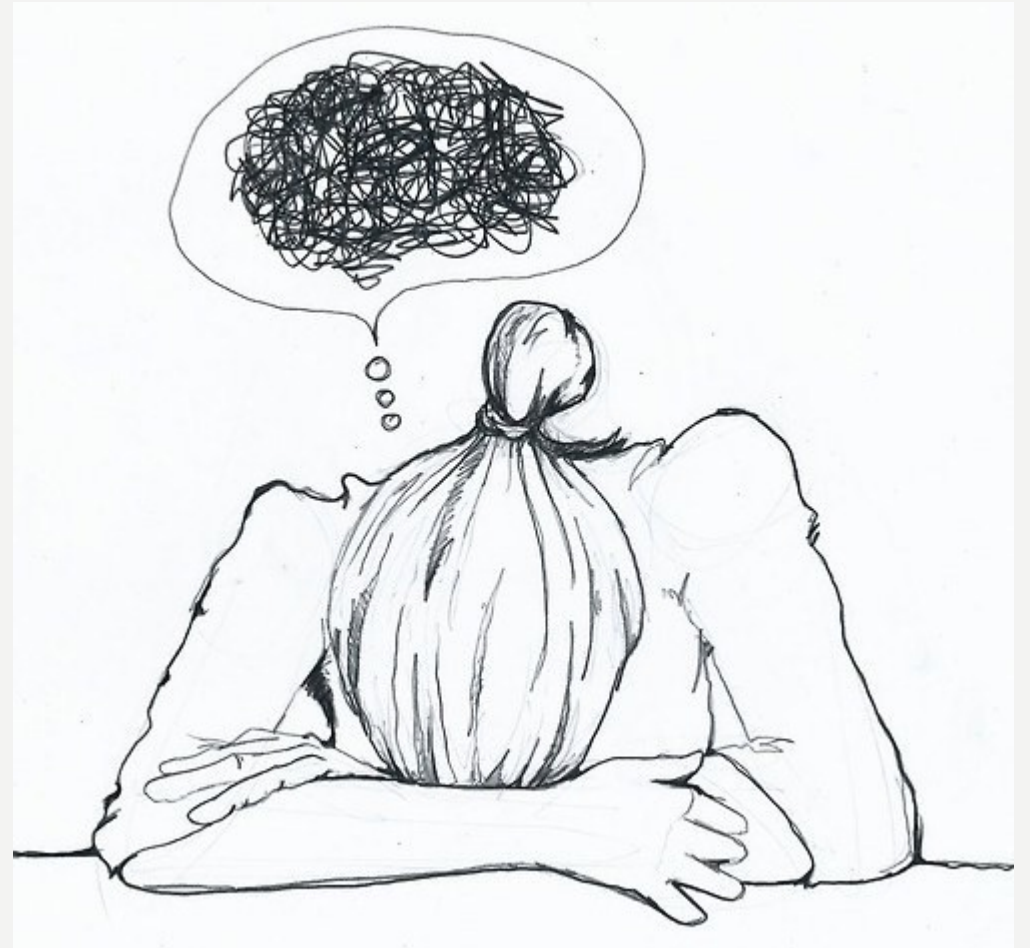
SYMPTOMS

Psychological (in your head)	Tearful or crying
Unable to enjoy yourself	Negative distorted thinking
Anxious, nervous, on edge	Snappy or irritable
Eating and sleeping more or less than normal	Restless and unable to concentrate

Physical (the body)	Raised blood pressure
Indigestion or heartburn	Nausea or stomach ache
Constipation or diarrhoea	Headaches or feeling dizzy
Blurred eyesight or sore eyes	Panic attack

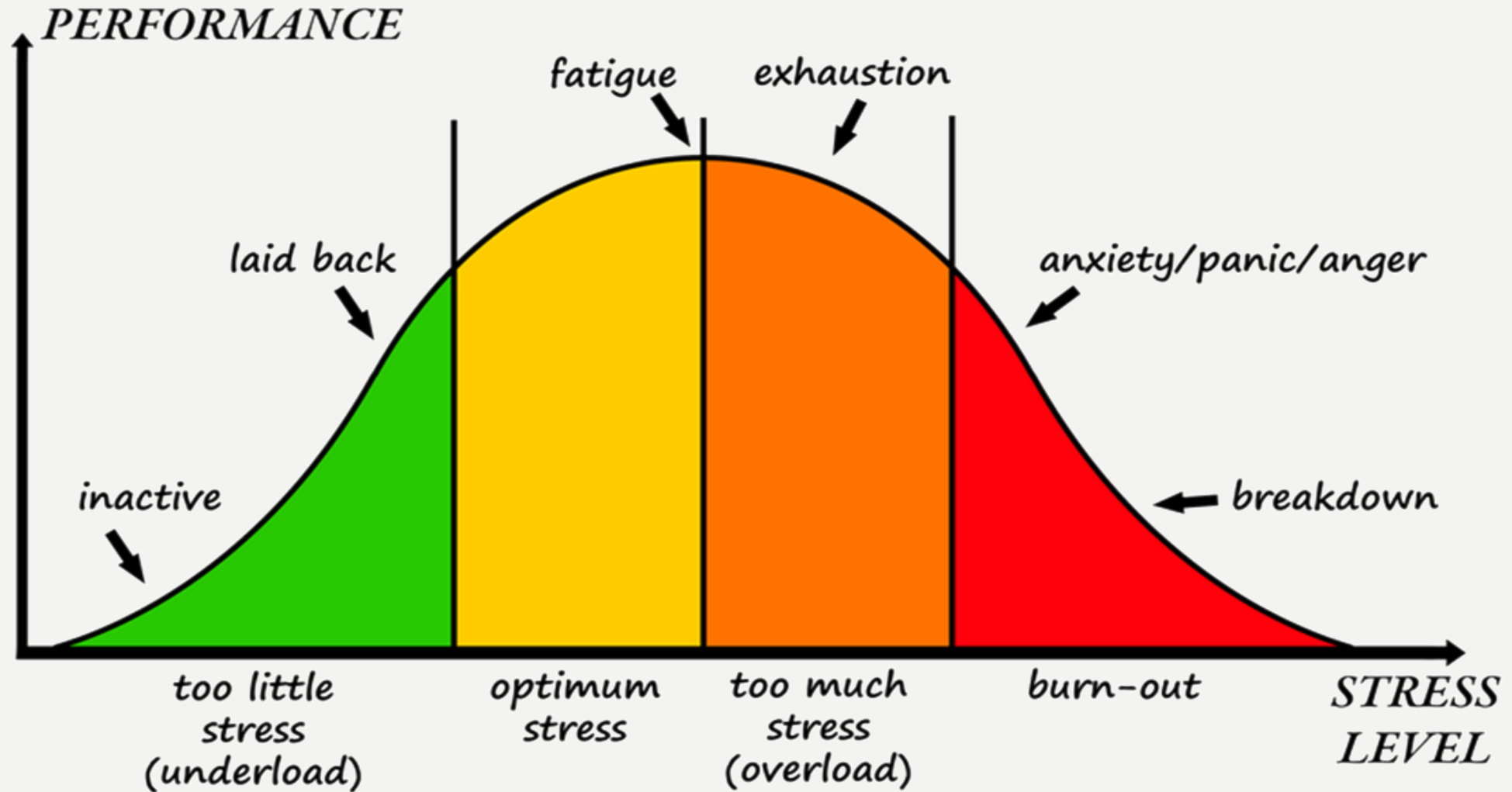
IS STRESS A MENTAL HEALTH PROBLEM?

- Stress can cause mental health problems, and make existing problems worse.
- Mental health problems can cause stress.



WHERE ARE YOU?

STRESS CURVE





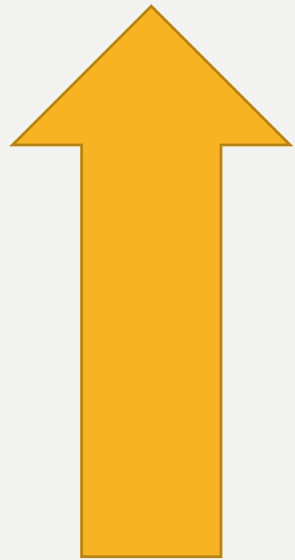
COPING STRATEGIES

Positive	Negative
Exercise	Smoking
Complimentary therapies	Drinking too much
Arts and crafts	Over eating
Friends and family	Self harm

Coping strategies are designed to distract your brain from your worries, making each day a little bit easier.

- A Positive **A**ffirmations (look up your favourite positive quotes and memes)
- B Read a new **b**ook.
- C Come off social media for 24hours
- D **D**oodle
- E **E**xercise, even if its being a bit more active than normal like walking to school instead of getting a lift
- F **F**lip Out! Visit your nearest trampoline park with a friend
- G Visit your **G**randparents, surprise them or do a little something to help them out!
- H Get creative with some **h**enna
- I Play an **i**nstrument
- J Make your own **J**UICE or smoothie using fresh produce
- K Watch a tutorial on 'How to **k**nit or Crochet'.
- L **L**aughter Therapy
- M Turn up that **M**USIC, grab your hairbrush and get singing!
- N **#No filters** - Stop comparing yourself to others
- O Its **O**kay not to be Okay!! It is so important to speak to someone, let them know what you are going through
- P **P**hone a friend
- Q Spend **q**uality time with the people, animals, things you love
- R **R**andom Act of Kindness
- S **S**tart saving! Decorate your own money jar and set a weekly target. Now think of what you will spend it on!
- T **T**ake a relaxing bath
- U **U**nwind, time to chill
- V **V**olunteer and do something to help your community
- W **W**rite down 10 positives in you life right now (its not all bad you know)!
- X **X** Factor
- Y **Y**oga
- Z Get in them **Z**zzzzzz's (Go to bed early tonight)!

WHAT FLOATS YOUR BOAT?



Mindfulness,
reading,
walking by the
sea, yoga



Lack of sleep,
poor diet,
isolation



TOP TIPS FOR PARENTS

- Make sure they have a comfortable place to work.
- Accept that some people can revise better with music or the TV on in the background.
- Establish a revision routine by re-arranging the family's schedules and priorities.
- Keep up to date on what the school advise.
- Be lenient about chores and untidiness as much as you are able to.
- Give them a break and understand lost tempers and moodiness.
- Try to avoid nagging them as it can help them lose focus.
- It is never too late to study, revise or ask for help.
- Schedule small and frequent rewards for the effort they are putting in.
- Be calm, positive and reassuring and put the whole thing into perspective.



TIME MANAGEMENT

- Identify your best time of day, and do the important tasks that need the most energy and concentration at that time.
- Make a list of things you have to do. Arrange them in order of importance, and try to focus on the most urgent first.
- Vary your activities. Balance interesting tasks with more mundane ones
- Try not to do too much at once.
- Take breaks, it will make you more productive.



TAKE TIME TO CELEBRATE SUCCESS

- During the day take time to celebrate success
- At the end of the day, take a purposeful pause
- What have you achieved today – 3 good things
- What are the priorities for tomorrow?



FURTHER INFO

- BASE NHS mobile phone app
- Mind your head mobile phone app
- Family Lives 0808 800 2222
- www.youngminds.org.uk

