

# WHAT IS STRESS?

Stress can be emotional or physical tension. Stress is a whole body response to what feels like a negative situation that's happening to you or around you.



*It's OK. We all experience short bouts of stress. Sometimes it can help us through a situation.*

## WHEN IS IT BAD?

When it carries on for a long time. 'Burn Out'

When you don't have the right tools to deal with it

## HOW CAN I RECOGNISE IT? WHAT IS YOUR BODY TELLING YOU?

- Feeling tired all the time
- Feeling anxious/hot
- Butterflies/constant feeling of adrenaline
- Easily moved to tears/anger
- Not eating/sleeping
- Muddled – 'Can't see the wood for the trees'

## HOW CAN I MANAGE?

**Refuel:** Eat and drink regularly – A balanced diet with less sugar and caffeine

**Renew:** Get plenty of sleep – wind down without TV – try a bath or a mindfulness app

**Respond:** Tell someone how you are feeling – a friend, Dr or employer

**Review:** Look at your life, what can change to make things better?

**Reset:** MAKE TIME FOR YOU