

# WHAT IS STRESS?

Stress can be emotional or physical tension. Stress is a whole body response that leads to a state of mental and emotional strain from adverse or demanding circumstances.



***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 feel you 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'
- Tummy upset
- Regularly feeling overwhelmed and powerless

## HOW CAN I MANAGE?

**Refuel:** Eat and drink regularly – A balanced diet with more vegetables and 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

**Reconnect:** Spend some time outdoors and reconnect with nature, especially on a sunny day - get that vitamin D boost

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

**Reset:** MAKE TIME FOR YOU