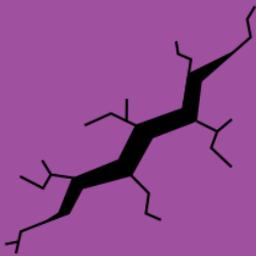
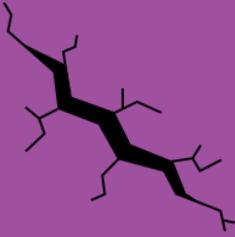
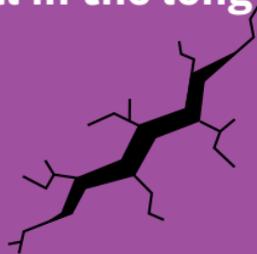


**Stress**





**Too much stress can be bad for both our mental and physical health...it's good to keep an eye on our stress levels so we don't get ill in the long run.**





### What is Stress?

Sometimes it's harder to recognise when you're stressed than you might think. Knowing what the signs are can be useful because the sooner you notice the stress building up, the quicker you can do something to create some calm again.



#### YOUR THOUGHTS

- Worrying
- You can't concentrate
- Only thinking negatively about stuff
- It's harder to make decisions



#### YOUR FEELINGS

- Anxious or nervous
- Generally feeling unhappy
- Feeling irritated/having a short temper
- Feeling lonely



#### YOUR BEHAVIOUR

- Not being able to sleep or sleeping too much
- Nail biting and other nervous habits
- Avoiding things you normally do
- Avoiding seeing friends



#### YOUR BODY

- Heart racing in your chest
- Breathing becomes quicker
- Stomach pains
- Headaches

## The Resilience Lab tips for thriving when things are stressful:

### Get the basics right

We know it can be tempting to let all the simple stuff go out the window when the pressure is on, but eating right, getting some rest and getting some exercise are all good ways of keeping your mood balanced so when the stress is on.

### Stressed out right now?

Get a change of perspective. Walk into a different room, gaze out of the window or go for a quick walk. Changing your view can take your mind off things and break the cycle of stressing out. What fuels your fire? Keeping a diary of when and what makes you angry can help you to see any patterns emerging. Just recognising your triggers may be enough to help and can support you to feel more in control.

### When in doubt, breathe out

Some people find that taking some deep breathes can help to keep them calm when they notice their stress levels rising. The trick is to make your exhale (breathing out) longer than your inhale (breathing in) – this has a calming effect on your nervous system.

### Get Mindful

Mindfulness, a form of meditation, has been proven to reduce the symptoms of depression. Just 10 minutes a day can make a difference. We recommend Headspace - getsomeheadspace.com – as a good place to start to find out more.

### Keep noticing the good stuff!

Gratitude – where you practice being thankful each day even for really little things in your life – can have a positive impact on your mood, which can help keep stress levels down. Keep a diary where you jot down two or three things each day that you're grateful for.

### Reach out!

Don't isolate yourself when you're stressed. Ask for help from friends and family. Sometimes this can feel really hard, but it will be worth it.

### Get in touch!

Call us: 0808 808 9120

Text us: 0789 688 0811

Email us: [confidential@otrbristol.org.uk](mailto:confidential@otrbristol.org.uk)

## Remember!

A little bit of stress can sometimes be a good thing! Stress can motivate us to get things done like hand in that essay before the deadline or prepare for that big job interview. Without some stress in our lives some of us probably wouldn't ever get out of bed!

However, if you find the stress you're feeling interfering with your everyday life it might be worth thinking about getting some extra support.

Get in touch with us!