

OTR

STRESS

April 2018

THIS BOOK BELONGS TO...

HEALTHY STRESS.... SHOWING YOU CARE!

We can often think that Stress is a sign of us being weak or unhealthy. But, stress can be a pretty normal and totally healthy reaction to a number of life things, and a sign that there are things that we care about. On this page, we'll unpack some things about stress to get to know it a bit better, using the example of exams!

Using the example of exam stress, why do you think you're stressed out about it? What do you think the thing that you care about underneath it all is?

Are there any parts of your stress are more influenced by others than yourself? Parents, friends, school etc.? Jot them down here...

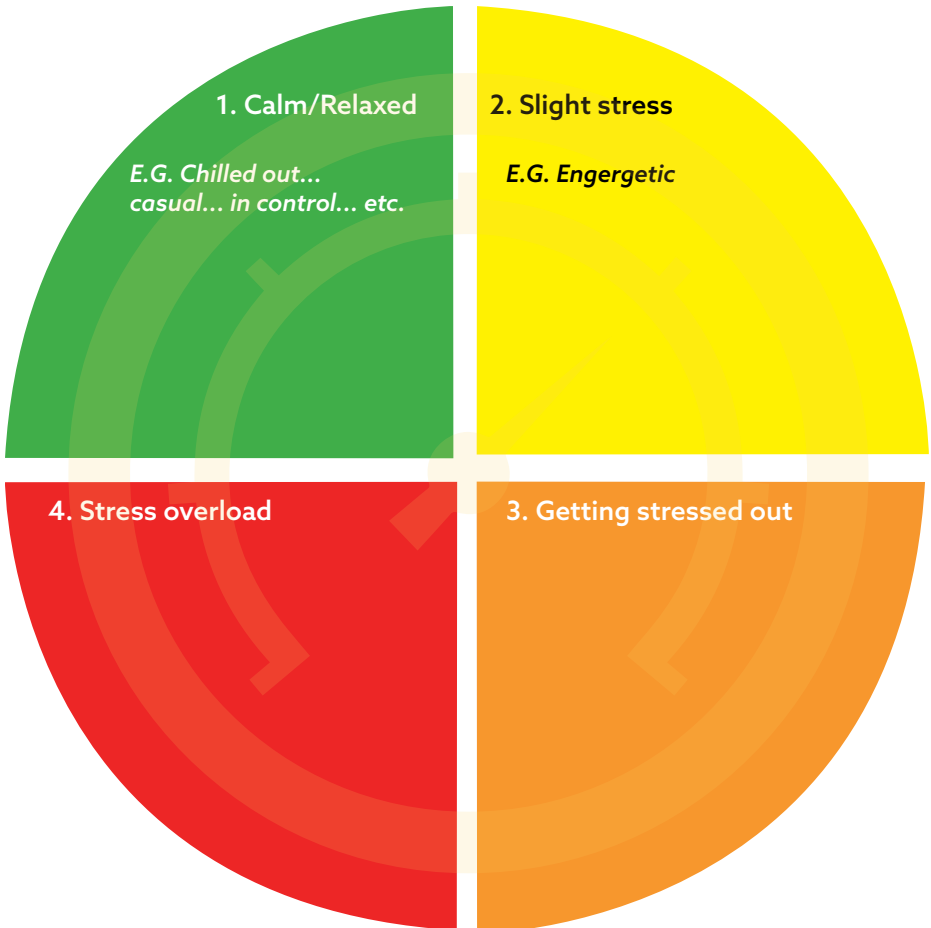
If you woke up tomorrow and you felt noticeably less stressed about the exams, what would have changed? Is there anything you can do today to get start this change...?

1. SEE IT!

GETTING TO KNOW YOUR STRESS

The Stress Wheel is a tool we use in our Resilience Lab project to help people to figure out the different stages of stress. The goal is to get you thinking about where you are at any time, and how to tell...

Q. What will I notice in myself when i'm...?
(Use the space in the circle to write ideas!)



2. USE IT!

MAKE STRESS USEFUL

When we think about stress, we think about it being unpleasant, scary or making us uncomfortable. Whilst stress can absolutely be all of those things, it can also be something useful and inspirational. Use the below thought clouds to get thinking differently!

1. Think of some positive feelings/thoughts that can come from stress...

*E.G. Energetic...
Motivated... Excited...*

2. What can these feelings/thoughts help us out with?
When do you need stress to help?

*E.G. Getting stuff done...Thinking Creatively...
Pushing us out of our comfort zone...*

3...OR LOSE IT!

WHEN STRESS BECOMES TOO MUCH

Of course, sometimes stress can totally be too much to handle, or too intense to make use of. It's useful to think how we survived when things were too much previously, and maybe how we can help ourselves in the future...

1. Note down 3 different times when stress has been too much... what did you do about it? How did you get back to calm/relaxed?

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2. What can you learn from how you overcome those stressful times? Did you connect more with other people? Did you get creative? Maybe you're better at dealing with stuff than you thought?

3. Write down 3 suggestions of things you can do next time stress is too much...

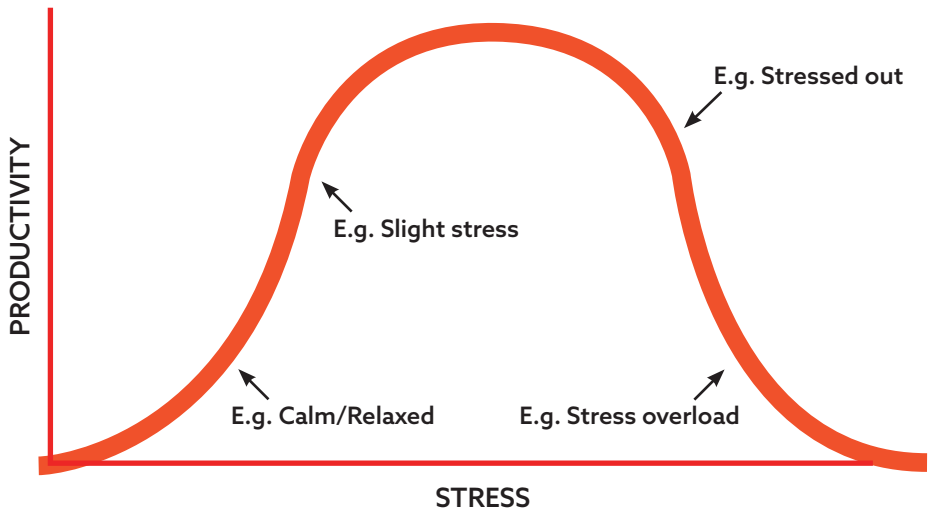
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4. LOOKING FOR THE SWEET SPOT...

So now we've worked out how stress can be both useful and too much... let's have a think about where the 'sweet spot' for stress is in terms of your own productivity! Have a look at this rough graph, designed to help you think about at what point you get the most stuff done...



Where do you best work? Maybe the peak of the graph is with more/less stress than suggested here? Maybe think about replacing the word 'productivity' with 'creativity' and answer the same question? Jot down some ideas below...

OTR HASHTAG CHALLENGE: STRESS EDITION

So... we've spoken about stress and how it can be useful as well as something that's tough. Chances are, you already have thought about some things that Stress can inspire you to do - maybe sitting down and finishing that essay, or thinking creatively or going out and getting active!

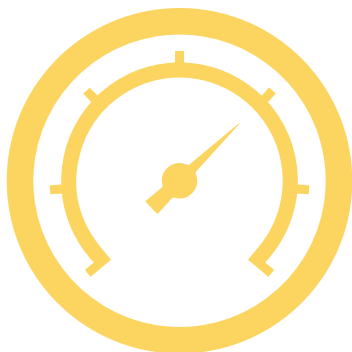
With this in mind, let's celebrate these things that stress can inspire us to do by sharing these tips and tricks with others, and seeing other people's by doing a hashtag challenge with OTR!

HOW DO I ENTER?

- 1** Think of something useful stress inspires you to do...
- 2** Take a picture of yourself doing it!
- 3** Write a couple of sentences about how stress helps you to do this.
- 4** Upload/Share it on Instagram/Twitter with the hashtag #OTRInspiringStress
- 5** Our favourite posts will be reblogged by OTR as a celebration of the outdoors!

WHAT'S THIS ABOUT?

OTR is all about getting connected, and what better way than sharing something important to us with others, and having them share things with us too! This activity is also useful for helping us think about how Stress is useful and giving others ideas on how to make it so!



This booklet was made by OTR Bristol, a mental health social movement by and for young people aged 11-25 in Bristol and South Glos.

For more information on what we do, come and see us at one of our Hubs: otrbristol.org.uk/what-we-do/hubs.

You can also call us for free on 0808 808 9120 (Mon-Fri, 2-5pm).

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