



STRESS

What is it? Stress is something that everyone feels at times, and there are all kinds of stressful situations that can be part of daily life. Imagine there's a bucket you carry with you which slowly fills up when you experience different types of stress. This bucket fills up with all the stresses of the day, and can be emptied by a good night's sleep, or by engaging with things which make us feel happy and relaxed. If the bucket starts to fill or overflow, we can start to feel anxious and overwhelmed.

What might it feel like? Stress can lead to you feeling overwhelmed, having racing thoughts or difficulty concentrating, being irritable, feeling constantly worried or anxious, lacking self-confidence or having trouble sleeping.

Tips for managing stress:

1. Split up tasks and list them



Make sure you know where to start by writing a list of what you need to do. If tasks are really big, split them up into smaller chunks. When you have a list, prioritise the tasks and tackle the ones that need to be done first. Are there any tasks you don't need?

2. Allow Yourself Positivity



Allow yourself some time to think about the good things in your life and your day. Take a few minutes to think about what is going well and what you are thankful for. This can show you how you are successful, even when things seem difficult in the present moment.

3. Plan Ahead



If you know that you have upcoming days or events which are going to be stressful, plan ahead and organise as much as you can in advance. Create a to-do list and do any tasks ahead of time that you can. E.g. if you have an exam coming up, pack your bag the day before.

4. Be More Active



Being more active does not make stress disappear, but it can help you to burn off nervous energy. It can also give you 'head space' and a break from the stressful situation. Try to get outside and combine exercise with fresh air!

5. Take a Break



If you're feeling overwhelmed by a stressful situation, or before you get to that point, take a break. You might want to listen to music, chat to a friend, laugh about something (to release endorphins!) or have a drink or snack.