



*Saint Joseph's*  
CATHOLIC SCHOOL

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# Stress Management



# Feelings around stress

- Stress can be triggered by events that make you feel nervous or frustrated.
- A response to this stress can often be a feeling of fear, worry or unease. These are all feelings of anxiety.
- Anxiety can also occur when you are unable to identify what is making you stressed
- Stress and anxiety is not always bad and can help us to overcome situations.
- If you feel that it begins to interfere with your daily life it is important to speak to someone.



# Ask for Help

- Many of us are reluctant to ask for help. this may be with something we are struggling to understand, or just with how we are feeling.
- Everyone has different strengths, try studying in groups and using your friends knowledge. This face to face interaction will also help to reduce your bodies defensive fight or flight response.
- Use your teachers wisely: don't be ashamed to admit when you're struggling. Your teachers are there to give you support. They may also have some tips and tricks to help you out.



# Positive Attitude

- A very important aspect of dealing with stress is a positive attitude.
- When facing a challenge we often have the response “I can’t do this”, this attitude can cause us to dwell on things.
- Try to adopt an “I can” attitude, facing a problem head on reduces the amount of time we have to worry.
- Often things are not as daunting as they may seem.



# Relaxation

- It is important that we relax
- There are many techniques that you can use to help with this.
  - Mindfulness: YouTube have an abundance of videos that you can listen to, they often focus on breathing techniques or meditation. It is designed to help us manage our thoughts and feelings
  - Progressive muscle relaxation: this focuses on tensing and relaxing muscles in time with your breathing to relieve stress. Videos can also be found on YouTube
- Exercise can also be relaxing, it allows us time to forget about our stresses.



# Social Media

- Although many of you may spend a large chunk of your day online, this can actually be detrimental to your mental wellbeing.
- It adds another element of pressure to your already busy lives.
- It gives off an image that everything should be a certain way, this image is often unrealistic.
- Causes you to become over stimulated and over challenged mentally and emotionally.
- Try to limit the time you spend on these sites. Your phones now have a built in facility to help with this.

# Professor Cooper's top 10 stress-busting suggestions

- The NHS use professor cooper's stress busting suggestions
- Although these are work based you can fit them around school
- They are simple steps that are easy to fit into or can help shape your routine
- The NHS also offer some stress- busting apps that you may find useful
- <https://www.nhs.uk/conditions/stress-anxiety-depression/reduce-stress/>





# Examples of Professor Cooper's stress-busting suggestions

- **Be Active:** Exercise is a great way to reduce emotional intensity, clear your thoughts and let you deal with problems more calmly
- **Take Control:** *"That feeling of loss of control is one of the main causes of stress and lack of wellbeing."* The act of taking control is in itself empowering, and it's a crucial part of finding a solution
- **Connect with People:** The activities we do with friends help us relax. We often have a good laugh with them, which is an excellent stress reliever.
- **Have Some 'Me Time':** *"We all need to take some time for socialising, relaxation, or exercise."* Set aside a couple of nights a week for some quality "me time".
- **Accept the Things You Can't Change:** Changing a difficult situation isn't always possible. Try to concentrate on the things you do have control over.





# Useful Website & apps

- Websites
  - <https://www.mind.org.uk/>
  - <https://www.nhs.uk/conditions/stress-anxiety-depression/understanding-stress/>
  - [www.freemindfulness.org](http://www.freemindfulness.org)
- Apps:
  - Catch It
  - Tellmi (previously called Mee Two)
  - Stress and Anxiety Companion
  - Headspace