

Heads Up for Wellbeing - Managing Stress



What is Stress?

• We all know what it is like to feel stressed, but it is not easy to pin down exactly what stress means, this is because we all react differently to situations that might cause or bring about feelings of stress. When we say things like "this is stressful" or "I'm stressed", we might be talking about:

- **Situations or events that put pressure on us** – for example, times where we have lots to do and think about, or do not have much control over what happens.
- **Our reaction to being placed under pressure** – the feelings we get when we have demands placed on us that we find difficult to cope with.

How do I know if there is a problem?

What Causes Stress?

Feelings of stress are normally triggered by things happening in your life which involve:

- being under increased amounts of pressure
- facing big changes or times of uncertainty
- worrying about something that you feel is out with your control
- not having much or any control over the outcome of a situation
- having responsibilities that you are finding overwhelming

There might be one big thing causing you stress, but stress can also be caused by a build-up of small pressures. This might make it harder for you to identify what is making you feel stressed, or how to explain it to other people.

Advice for Parents

How Can I Manage Stress?

Taking steps to look after your physical wellbeing can help you deal with pressure, and reduce the impact that stress has on your life. Developing emotional resilience can also help, resilience is not just your ability to bounce back, but also your capacity to adapt in the face of challenging circumstances, whilst maintaining a stable mental wellbeing. Resilience is not a personality trait; it is something that we can all take steps towards achieving. Often the first place to start is by talking to someone and sharing how you are feeling, this could be a parent, a career, pastoral teacher, or a friend. Having a chance to talk openly to someone can help you to feel calmer and more able to move forward.



Supports available in school and out of school for pupils, parents and careers.

- Encourage your child to speak to people they trust - their pastoral teacher, class teacher, another family member or a close friend.
- Speak with your child's pastoral teacher yourself, and work on this together.
- If you think your child may be experiencing stress, then it is important to talk openly about this as this can help to elevate some of the stresses they may be experiencing.

Managing Stress – Useful Contacts – Where to get Help

www.mind.org.uk

- This web page has an A-Z of mental health and you can scroll down to stress.

www.childline.org.uk

- If you're under 19 you can confidentially call, email or chat online about any problem big or small
- Freephone 24h helpline: 0800 1111
- [Sign up for a childline account](#) on the website to be able to message a counsellor anytime without using your email address
- Chat 1:1 with an [online advisor](#)

www.stress.org.uk

- helps with distress and with tips on how to de-stress
- can test your stress levels online
- links to helpful podcasts
- Follow on social media: Facebook: The Stress Management Society, Youtube: The Stress Management Society, Instagram: @thestressmanagementsociety

www.nhs.uk

- find information about stress in the A-Z of conditions - look for Mental Health