



# STRESS AWARENESS

South Leicestershire School Sports Partnership Newsletter



## WHAT IS STRESS?

Stress is a common feeling we get when we feel under pressure. A small amount can be good and motivates us to meet our goals. But too much stress, when things feel out of control, can impact our mood, our well-being and our relationships with people around us.

**Ref:** The Children's Society



## SIGNS AND SYMPTOMS OF STRESS

You might feel/have;

- Irritable, aggressive, impatient or wound up
- Over-burdened
- Anxious, nervous or afraid
- Racing thoughts that you can't switch off
- Unable to enjoy yourself
- Depressed
- Uninterested in life
- Like you've lost your sense of humour
- A sense of dread
- Worried about your health
- Neglected or lonely

**Ref: Mind.org.uk**

To find out more information on how to spot the signs and find support, visit the Mind website [here](https://www.mind.org.uk)



# TIPS TO MANAGE STRESS

Here are some tips to help you out when stress is getting the better of you.

- **Recognise triggers:** Begin to track times where you have felt stressed and look for patterns in how you reacted. What was happening when you felt stressed? What did you think/feel/do just before you felt stressed?
- **Awareness:** Once you are aware of difficulties that are likely to make you feel stressed you can take steps to prevent stress or deal with it quickly
- **Self-care:** Be kind to yourself – stress is a human experience. Try to connect with friends and talk about how you are feeling.
- **Exercise, relaxation and meditation:** Some people find that exercise and activities such as- meditation, breathing exercises and deep muscle relaxation are helpful.
- **Eat well and sleep:** The better rested you are, the more able you are to cope with pressure.
- **Professional Help:** If you are finding it difficult to cope, consider meeting with someone trained to help – this might include your GP or a therapist.

REF: The childrens society website

## The Children's Society

The Children's Society have put together a Young People's Well-being Guide for Stressful Situations, click [here](#) to download the guide.



Stress Management Society  
from distress to de-stress

April is stress awareness month, for information and advice, click [here](#)



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