

STRESS

What is Stress? Stress is a NORMAL feeling that all people experience. When we feel stress, we may be talking about situations or events that put pressure on us, or stress is a reaction to us being placed under the pressure and we find it difficult to cope with the situation.

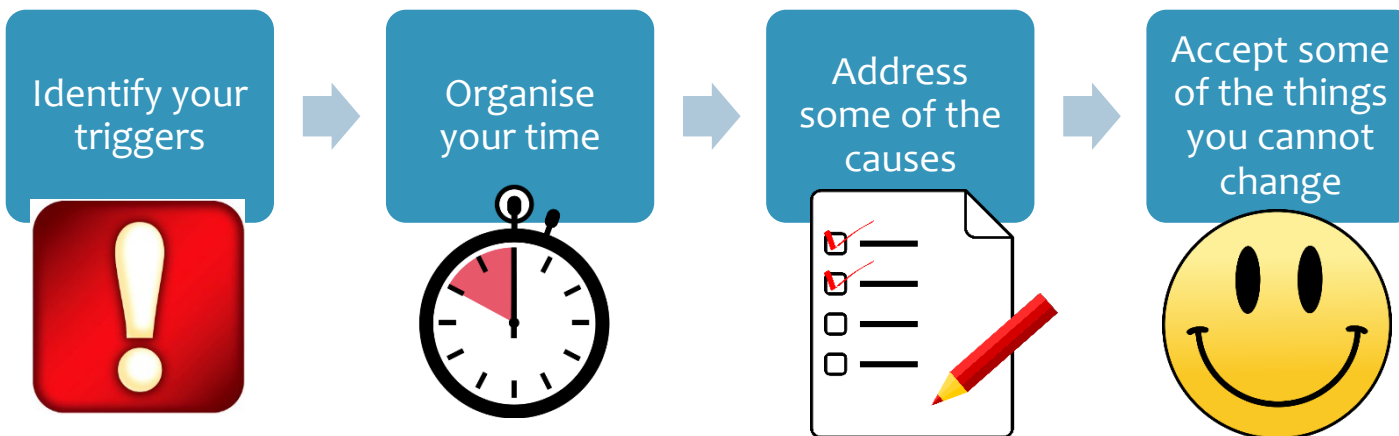
What are the symptoms of stress?

There are **PHYSICAL**, **EMOTIONAL** AND **BEHAVIOURAL** SYMPTOMS OF STRESS:



Shallow breathing or hyperventilating	Panic attacks Clenching jaw Fainting	Irritability, Aggression, Impatience	Feeling overburdened	Indecisive Worrying	Avoiding troubling situations
Muscle Tension Blurred eyesight Diarrhoea	Sore eyes Problems going to sleep	Anxious, Nervous, Afraid	Racing thoughts	Snapping at people	Biting your nails
Staying asleep or having nightmares. Nausea, dizzy	Being tired all of the time Grinding your teeth	Unable to enjoy yourself Depressed	Uninterested in life	Picking your skin	Unable to concentrate
Headaches Chest Pains High Blood Pressure	Indigestion Heartburn Constipation	Sense of dread Neglected	Lonely Worried about health	Eating too much or too little	Smoking or drinking alcohol

What can I do to help relieve my own stress?



Who can I talk to?

You can talk to anyone about stress because we **ALL** experience it in some time in our lives.

It is nothing to feel ashamed of, we all struggle sometimes, and we **ARE ALL HERE TO HELP.**

We all have coping strategies we can share with each other and talking about stress is the first step to resolving and how we manage stress.

Talking to a variety of people in school can help:

- Your parents.
- Your friends.
- Your teachers
- Your GP.
- Your School Nurse
- Your Mental Health Leads.
- Your School Counsellor.

