



SANDHILLS PCN

# Stress

## and stress management

Stress is your body's response to anything that requires attention or action, it can be defined as any type of change that causes a physical, emotional or psychological strain on a person. Everyone experiences stress to some degree and deals with it differently, the way you respond to stress can impact your overall wellbeing.

### Common causes of stress.

Big life changes occurring	Loss of control over a situation outcome
Unemployment/ financial crisis	Going through a period of uncertainty
Experiencing discrimination, abuse or hate	Worsening of a health condition
Feeling of being under lots of pressure	Feeling overwhelmed with responsibilities

### Signs and symptoms of stress:

- Changes in mood
- Lowered work productivity
- Irritability or frequent anger outbursts
- Relationship issues and anger
- Lack of interest in pleasurable activities
- Obsessive compulsive behaviours
- Change in relationship with others
- Changes in weight
- Lack of sleep or disturbed sleep
- Negative thoughts



### Effects on physical health.

Aches and pains  
Exhaustion or trouble sleeping  
Headaches, dizziness, shaking  
High blood pressure  
Muscle tension, jaw clenching, night time teeth grinding  
Stomach or digestive problems  
Hair loss  
Weakened immune system

### Effects on mental health.

Loss of confidence in self and others  
Depression  
Brain fog and confusion  
Social anxiety  
Isolation and withdrawal  
Obsessive compulsive behaviours  
Relationship issues  
Anger

### Tips for stress management:

#### Mindfulness

Meditations  
Mindful breathing  
Visualization  
Mindful movement  
Journaling  
Practice gratitude

#### Follow a healthy routine:

Eat well balanced meals  
Drink plenty of water  
Exercise regularly  
Good sleep

#### Self help guides:

Plenty available on NHS website  
Mindful apps

#### Talking therapies:

CBT  
Counselling

# 5 Ways to wellbeing

...here are 5 things that you can do in your everyday life to help YOU feel good



If you still struggle to manage stress and it's symptoms then contact your GP or another qualified mental health professional for further advice.