

## Wellbeing Information & Tips



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### Managing Stress

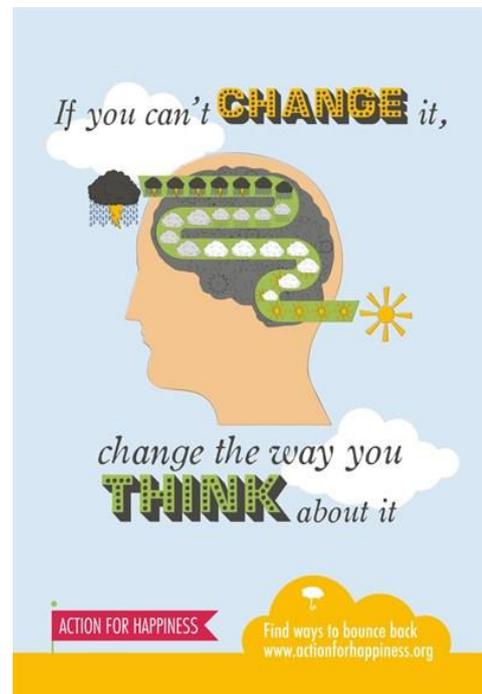
This week from the 2<sup>nd</sup> – 6<sup>th</sup> November is [International Stress Awareness Week](#) and understanding how stress makes us feel and what we can do to help reduce stress in our lives has never felt more important. There's no medical definition of stress. This can make it difficult to work out what causes our feelings of stress, or how to deal with them. But whatever our personal definition of stress is, we can learn to manage our stress better by:

- **Managing external pressures**, so stressful situations don't seem to happen quite so often
- **Developing your emotional resilience**, so we are better at coping with tough situations when they do happen and don't feel quite so stressed

Stress is closely linked to our mental health in two important ways:

- **Stress can cause mental health problems**, and make existing problems worse. For example, if we often struggle to manage feelings of stress, we might develop a mental health problem like anxiety or depression.
- **Mental health problems can cause stress**. We might find that coping with the day-to-day symptoms of our mental health problems, as well as how we manage any medication or health care appointments can become extra sources of stress.

[Ref. National Mind](#)



There are lots of things we can do to help us develop our emotional resilience. This is particularly important at the moment during the current Coronavirus pandemic which has become a source of anxiety and stress for many of us. Please see below for some further tips and information available online:

- [National Mind's website](#) has lots of information explaining what stress is, what might cause it and how it can affect you, including information about ways you can help yourself and how to get support.
- The Mental Health Foundation also looks at stress in detail, including what the signs of stress are and offers some simple steps to [Manage and reduce stress](#)
- Have a look at [Every Mind Matters](#) for expert advice on how to look after your mental health and wellbeing if you are feeling stressed.
- How about a stress free **Musical Trip Around the World?** The Workers Educational Association (WEA) have an online course that you can book onto [here](#).
- Meditation, breathing exercises and mindfulness can be good at calming stress levels. Why not check out [Headspace](#) and have a go at a breathing exercise.
- **Physical exercise and being outdoors** can be great stress busters – take a walk if you can and admire the autumn leaves, have a break and soak up some daylight.
- And don't forget about our [tips sheets](#) – these contain lots of tips for how we can incorporate small changes into our routines that will help us become more emotionally resilient and reduce stress.

## And finally...

It's also Men's Health Month throughout November. This is a campaign for anyone who identifies as male or a man and whose mental health may be impacted by pressures associated with this.



The [Mental Health Foundation](#) was inspired to create this campaign by the work [Movember](#) do on men's mental health and suicide prevention. Check out their online resources for inspiration for how we can get men talking about mental health.

**We will continue to bring you tips, initiatives and ideas so please keep an eye out!**

**Next edition: due out 19 November**

