



Basildon

Guide to

Stress

What is Stress?

Stress is part of our daily existence and is experienced by everyone.

Stress affects us in different ways, what is stimulating for one person can be intolerable for another. We need a certain amount of stress to get us going, however too much stress can put us under strain and lead to illness.

It is important that we recognise our own responses to stress and learn the best way to deal with it.

We all feel stressed at points throughout our life. It is when it becomes prolonged periods of stress that it is a problem



What can cause Stress?

- Problems with relationships
- Family problems
- Financial problems
- Worries at work
- Moving house
- Fatigue
- Noisy neighbours
- Bereavement
- Unemployment

Stress can often cause or be caused by other mental health problems such as anxiety or depression

Why am I stressed?
Why do I feel this way?

Recognising the signs of Stress

- Frequent headaches and even migraines
- Feeling tearful
- Muscle tension
- Prone to colds and infections
- Sleeping badly
- Fear of failure
- Dread of the future
- Feeling irritable or impatient
- Feeling run down most of the time
- Feeling that you have achieved nothing of value at the end of the day

Steps to helping yourself

- Making time for yourself
- Take a deep breath and slowly breathe out
- Learn relaxation skills
- Write down your feelings in a journal
- Have a laugh—read books or watch films that make you laugh
- Take regular exercise—walking, jogging, swimming
- Talk to a friend or family member
- Don't take on more than you can cope with

Think about what is causing you the stress— is it really worth worrying about? How could you handle it differently?

Getting Help

There are many ways in which you can receive support and advice for your mental health. Your first point of call would be to contact your local GP.

For more information on Mental Health please contact the following:

NHS Direct
111 Option 2

Mind Infoline
0300 123 3393

Seeking help and support for dealing with a mental health problem is nothing to be ashamed or afraid of

Quick facts

- Approximately 30% of all GP appointments are related to mental health!
- 1 in 4 people will experience a mental health problem in their lifetime
- Stress is the second biggest reason for time off work

More detailed information about stress and other mental health problems can be found by visiting the national Mind charity website:

www.mind.org.uk

For more information on Basildon Mind please contact us on 01268 284130 or visit our website www.basmind.org or email infoline@basmind.org



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