



Association of Mental
Health in Education

STRESS



www.community.amhie.com

Helpline: 02381 120010



WHAT IS STRESS?

Stress is more common than you might think, we can all feel stressed at difficult times but persistently feeling stressed or overwhelmed isn't normal.

Stress is the feeling of being totally overwhelmed by things out of your control. It can make you feel sick, dizzy and can even cause higher heart rate and chest pain.

HOW THINGS START

You might start to find it difficult to concentrate on tasks that used to be straightforward, you might find you have a short fuse or that you are eating or drinking alcohol more than usual.

Everyday, things that used to be easy to deal with might seem big or overwhelming. You might react in unexpected ways to everyday occurrences.



HOW IT DEVELOPS

You may find yourself being snappy, irritable, forgetful, tired but there are even physical symptoms of stress which can manifest if left unchecked.

You might experience stomach issues like cramps and discomfort. It's also common to get aches and pains and muscle fatigue.



MENTAL HEALTH MATTERS

SELF CARE

Managing the symptoms of stress can be straightforward if you understand what's causing it.

A few things to try to help would be:

- Breathing exercises
- Mental Wellbeing audio guides
- Getting more exercise
- Time-management techniques
- Planning ahead for stress days or events



OVERCOMING BARRIERS

If you're not sure why you are stressed you might need to take the time to talk to a professional such as a psychologist or counsellor so they can help you to understand your feelings.

Being stressed is hard on your body, so doing everything you can to reduce symptoms will help improve your overall wellbeing and make you feel ultimately better.



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Treatment for stress

SELF HELP RESOURCES

- Try talking to a friend, family member or a health professional - the Samaritans offer great support [call: 116 123](tel:116123) or email: jo@samaritans.org
- Peer support; MIND UK offer a great service: [How to find a support group](#)
- Breathing Exercises; [read the NHS guide here](#)
- Wellbeing Audio guides; [access free guides here](#)

FURTHER INFORMATION AND SUPPORT

- [Mind – managing stress and building resilience](#): get advice to help you adapt and bounce back during difficult times
- [Every Mind Matters – get your free Mind Plan](#): personalised mental wellbeing tips and advice to your email inbox
- [Every Mind Matters – self-help cognitive behavioural therapy \(CBT\) techniques](#): learn how to manage stress and worry, and boost your mental wellbeing

NHS TREATMENT

See a GP if:

- you're struggling to cope with stress
- things you're trying yourself are not helping
- you would prefer to get a referral from a GP

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