



Stress and Anxiety

What are they?

How to cope with them.

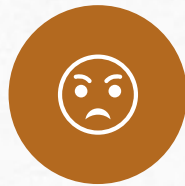
STRESS



What is Stress



Who gets it?



Symptoms



Managing
Stress



Recognising
Triggers



When to Seek
Help



What is Stress?

Stress is the feeling of being under too much mental or emotional pressure

This becomes **STRESS** when you feel you can't cope

Stress can affect how you feel, think and behave

It can also affect how your body works



Who gets it?

Almost everyone feels stressed at some point in their lives, for example at school

For some people stress makes them work harder, for example in exams

For others it makes them feel like they can't cope

Once the situation sorts itself out, the stress leaves



Symptoms of Stress

You may feel anxious, irritable, feel bad about yourself

Thoughts

You might worry all the time or go over things in your head

Behaviour

You may lose your temper more easily, cry more often

Effects on the body

It can cause headaches, sweating, feeling sick and may make it harder to concentrate



Managing Stress

Stress is not an illness, but it can cause illnesses if you don't deal with it

Learn how to recognise the signs of stress (see the previous slide)

Relax, take regular exercise, manage your time, listen to music, practice mindfulness

Do something fun, talk to someone you trust, learn something new, try to be positive



Recognising Triggers

If you're not sure what causes you to get stressed, keep a diary and note down the stressful situations

You might want to include:

The date, time and place, what you were doing, who you were with, how you felt, what were you thinking, how you felt physically, how stressed you felt

This can help you see if there are specific things which trigger your stress. Once you find out what they are, you can take steps to deal with them.



When to get
help!

Sometimes you may need a bit of extra help when you're feeling stressed, and all the other things haven't worked

Who can you ask for help?

Most schools and colleges have counsellors who will be able to support you with your stress. Talk to your guidance teacher or tutor.

Your family doctor (G.P.) will also be able to help. They can refer you to CAMHS (Children and Adolescent Mental Health Services) who will be able to support you.

Anxiety



What is
Anxiety?



Who gets it?



Symptoms



Managing
Anxiety



What is Anxiety?

Anxiety is an uneasy feeling which can be mild or severe

Some people find it hard to control their worries and they can feel anxious all the time

Some feel anxious about a lot of things, not just one specific event

Feeling anxious all the time can affect people's lives



Who gets it?

Almost everyone feels anxious at some point in their lives, for example taking an exam

This is perfectly normal, and the feelings go away when the event has passed

For example, once you've taken the exam, the feelings of anxiety go away



Symptoms of Anxiety

Feeling restless, feeling on edge, have difficulty concentrating and feeling irritable

Anxiety can also cause physical symptoms including:

Tiredness, irregular heartbeat, sore muscles, shaking, sweating, sore stomach, sore heads, feeling sick



Managing Anxiety

Take regular exercise, learn to relax, avoid smoking and drinking, avoid caffeine (energy drinks etc.)

Talk to your doctor who will be able to recommend treatments like support groups where you can talk to other people who feel the same way as you do

If that doesn't work, your doctor can recommend treatments to help stop the unhelpful thoughts, feelings and behaviour. In some cases, they will recommend medicine to help.

It can be difficult for your doctor to diagnose Anxiety, so it's important that you tell them all your symptoms

For More Information

[Struggling with stress? | NHS inform](#)

[Anxiety | NHS inform](#)