

# Don't keep your feelings to yourself - talk to someone you can trust

## 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.

## What can cause stress?

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

## Recognising the signs of stress

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

## Some steps to help yourself

- ◆ Making time for yourself
- ◆ Taking a deep breath and slowly breathe out
- ◆ If you feel angry try punching a cushion or pillow
- ◆ Learn relaxation skills
- ◆ Have a laugh - read books or watch films that make you laugh
- ◆ Take regular exercise - walking, jogging, swimming
- ◆ Talk to a friend
- ◆ Don't take on more than you can cope with
- ◆ Learn to say 'no'

## GETTING HELP

Whilst we can take steps to help ourselves we may need professional help to deal with our stress.

Visit your doctor and tell them how you feel.

You may need medication to help you sleep, your doctor may refer you for counselling which will enable you to talk about your problems.

You may need help in becoming more assertive. Assertiveness training is available and will enable you to communicate how you feel, and how to say 'no'.

Time management is another skill that can be learnt. This will enable you to prioritise what you have to do and allow you to use your time more effectively.

### Useful telephone numbers:

|                              |                |
|------------------------------|----------------|
| Havering Mind                | 01708 457040   |
| The Samaritans               | 01708 740000   |
| Depression Alliance          | 0845 123 23 20 |
| Havering Bereavement Service | 01708 476912   |
| Relate                       | 01708 441722   |
| NHS Direct                   | 0845 46 47     |

Hub/new leaflets/stress new leaflet

# Stress



Your personal  
action plan



For better  
mental health



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