












# National Stress Awareness Month

## Recognising stress

 Headaches or other aches and pains	Upset stomach, indigestion, or diarrhoea 	 Anger or irritability	Fatigue 	 Feeling moody or tearful	Low self-esteem or lack of confidence 
Sleep disturbance or insomnia 	Depression 	Difficulty concentrating 	Feeling overwhelmed or out of control 	Anxiety 	High blood pressure 

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## tips for managing stress

### #1 Identify triggers

There are often known triggers which raise our stress levels. If you know what the triggers are, you can anticipate them and practice calming yourself down beforehand.



### #2 Identify warning signs

Spot early warning signs in your body that tell you when you are getting stressed.



### #3 Establish routines

Predictable rhythms and routines in your day, or over a week, can be very calming and reassuring. This could include regular times for exercise and relaxation, meal times, and bedtimes.



### #4 Connect with others

Talk to others about your feelings. Avoid 'bottling' them up.



### #5 Look after your health

Eat a balanced diet, and take time to do the activities you find calming or uplifting.



### #6 Practice relaxation

Relaxation exercises will help your body and nervous system to settle and readjust.



### #7 Notice your self-talk

We sometimes say things in our head, over and over, that just add to our stress. This unhelpful self-talk might include things like: 'I can't cope', or 'I'm too busy'. Notice when you are using unhelpful self-talk, and instead try saying soothing, calming things to yourself to reduce your levels of stress.

