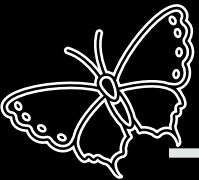

APRIL 2024: STRESS- AWARENESS MONTH.

Theme: "Little by little, A
little becomes a lot."



Its not stress that
kills us, it is our
reaction to it.

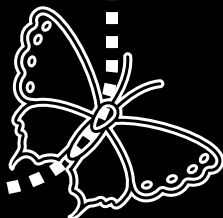
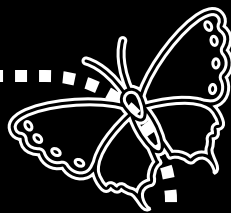
-Hans Selye



What is Stress?

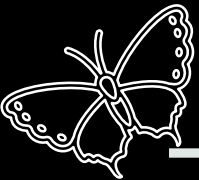


Stress is our body's response to pressure. Many different situations or life events can cause stress. It is often triggered when we experience something new or unexpected that threatens our sense of self or when we feel we have little control over a situation.



- We all deal with stress differently. Our ability to cope can depend on our genetics, early life events, personality and social and economic circumstances.
- When we encounter stress, our body produces stress hormones that trigger a fight or flight response and activate our immune system. This helps us respond quickly to dangerous situations.

**S.T.R.E.S.S. =
SOMEONE TRYING TO REPAIR
EVERY SITUATION SOLO.**



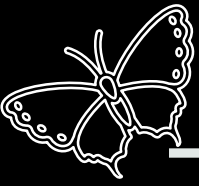
#Little by little!



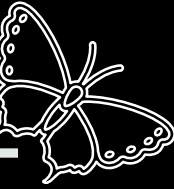
This year's theme for stress awareness month is "Little By Little; A little becomes a lot."

- ❑ The theme **#LittleByLittle** highlights the transformative impact of consistent, small positive actions on over-all wellbeing.
- ❑ This is to emphasise how even smallest steps taken each day towards self-care and stress reduction can yield significant improvements in life over time.
- ❑ This year's Stress Awareness encourages you to focus on making manageable adjustments to your daily routine.
- ❑ While the impact of small actions on their own may seem little, the cumulative effects of these habits can end up being profound! Small everyday actions have been shown to improve our overall wellbeing.

this too shall pass



Stress!



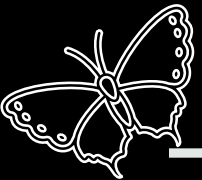
When your stress level is high using healthy coping skills can help you reset and relax!

- ❑ Stress is a part of everyday life. But constant, elevated stress levels can take a toll and make it challenging to function
- ❑ Research has shown that stress can affect the body, leading to heart disease Trusted Source and chronic pain conditions.
- ❑ Finding and practicing healthy ways to cope with stress can help you reduce its impact on your daily life and the chances it affects you in the long run.

Five healthy coping skills:

1. Check in with yourself.
2. Accept the stress.
3. Engage in healthy habits.
4. Talk about it.
5. Seek meaningful activities.

create that soft place to land at the end of the day...



5 healthy coping skills!



1. Check in with yourself :

Looking inward and checking in with yourself daily by naming and noticing your thoughts and emotions is helpful

Pausing when you experience distressing thoughts or emotions can help deactivate your fight, flight, or freeze response and calm you down.

Doing this activates the part of your nervous system that signals the body to rest and digest, Peterson says.

2. Accept the stress.

- Stress is an inevitable part of life, and it's impossible to avoid or eliminate it.
- By accepting stress, you can stop fighting it. Battling stress and trying to shove it down doesn't get rid of the stressor. It may even make you feel more stressed.
- Coming to terms with the fact that you can expect a certain amount of stress in your life may make it easier to cope when life throws you a curveball.

3. Engage in healthy habits:

Give your body the tools to cope with stress when it comes your way healthy habits involve:

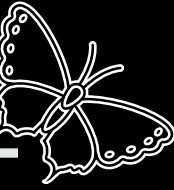
- exercising
- doing yoga
- eating a balanced diet

Including a rainbow of fruits and veggies in your diet. It also recommends avoiding substances, such as alcohol, that can adversely impact your ability to handle and cope with stress.

A healthy habit also includes doing something you love. You don't have to completely alter your lifestyle to improve your ability to handle stress. Small changes can make a big difference.



5 healthy coping skills!



4. Talk about it:

Share your worries and fears with the people you trust.

Talking about things that are stressing you out may help you unburden yourself and feel less overwhelmed.

According to the APA (*American psychologists association*), having a solid support network can improve your ability to cope with stress.

Providing friends and family with support also has benefits. It's essential to make sure that you and those around you give *and* receive support. One-sided relationships can end up causing you more stress than relief.

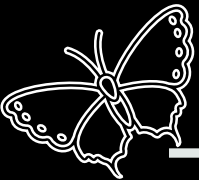
5. Seeking meaningful activities:

Rather than just seeking to reduce [stress], shift your attention.

This doesn't mean getting rid of stress by distracting yourself. Instead replacing your stress involves taking small steps to add more of what you want to your life.

For example, do you wish you had a better work-life balance? It might be useful to make an action plan to schedule more family time.

Or maybe you want to have a more vibrant social life. Consider spending less time worrying and stressing over your limited social circle and finding ways to connect with others.



5 ways to well-being.



Connect.

Be Active.

Keep Learning.

Give.

Take Notice.

Connecting with the people around us is a great way to remind ourselves that we're important and valued by others.

We know that there's a link between staying active and positive mental health and wellbeing.

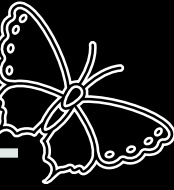
Taking notice of our thoughts, emotions and surroundings is a great way to stay present and pay attention to our needs

Learning new things is a good way to meet new people and boost our self confidence, which in turn improves our mental health and wellbeing.

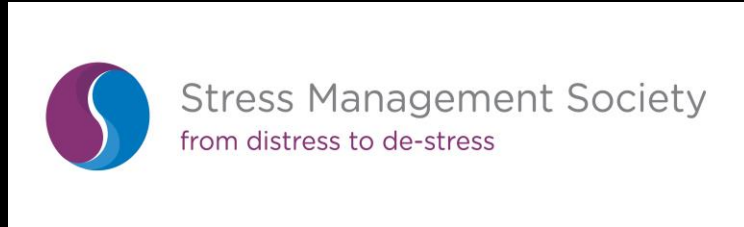
Do something nice for someone else, or volunteer for a cause that matters to you.



Helpline outside school!



- ❑ **International Stress Management Association:**
www.isma.org.uk
To provide information about all aspects of stress management. Also run conferences and workshops.



- ❑ **Stress Management Society**
0203 142 8650
www.stress.org.uk
Information, advice on stress management, workshops



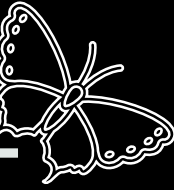
- ❑ **Unreal**
<https://www.unrealuk.org/>
Unreal reaches out to people of lived experience of depersonalisation and derealisation and their carers and families and offers information, support groups and signposting.



- ❑ **Good Thinking: Digital Wellbeing for London**
<https://www.good-thinking.uk/stress>
Advice and tools to help you feel calmer and more positive



Help inside school!



You also have teachers and students at school that will be more than happy to help you or listen to you.

You first contact would be your mentors and then any other teachers you feel comfortable with talking to.

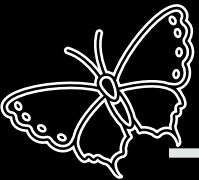
You can also talk to us the wellbeing team of head student team and we will be very happy to be there for you and listen to you.

Our emails are:

1. 18KanSen@finhampark.com
2. 18MahMee@finhampark.com
3. 18LucKc@finhampark.cm



FINHAM PARK
SIXTH FORM



STRESS!



- ❑ Remember Stress is something everyone goes through so never be ashamed to talk about it.
- ❑ Let's take our steps little by little, there's no need to do a big leap.

Breathe. You're going to be okay.
Breathe and remember that
you've been in this place before.

You've been this uncomfortable and
anxious and scared, and you've survived.

Breathe and know that you can survive this too.
These feelings can't break you.
They're painful and debilitating,
but you can sit with them and eventually,
they will pass. Maybe not immediately,
but sometime soon,
they are going to fade and when they do,
you'll look back at this moment and laugh for
having doubted your resilience.

I know it feels unbearable right now,
but keep breathing, again and again.
This will pass. I promise it will pass.

- DANIELL KOEPKE | TheMindsJournal

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