



Stress Management Society  
from distress to de-stress

# STRESS AWARENESS MONTH

What is stress and what can I do?

(thread)



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from distress to de-stress



# What is Stress Awareness Month?

Stress Awareness Month has been held every April, since 1992 to increase public awareness about both the causes and cures for our modern stress epidemic.

Millions of us around the UK are experiencing high levels of stress and it is damaging our health. Stress is one of the great public health challenges of our time, but it still isn't being taken as seriously as physical health concerns.

Stress is a significant factor in mental health problems including anxiety and depression.

# STRESS

## AWARENESS MONTH



### What is Stress?

Stress is the body's very natural response to life situations. It's important to note that not all stress is bad. For example, good stress, also called "eustress" can show up as excitement.

But then, of course, there is also bad stress. Many of us experience "acute stress", short sharp bursts of stress, several times a day. Others will suffer from longer periods of stress, also called "chronic stress". This is when repeated stresses flare up and begin to take a heavy emotional, physical and mental toll.

The goal here isn't to eliminate stress. It's to pay attention to it and become aware of when it's showing up. When we're going through prolonged periods of negative stress, that's our body telling us that something is a bit out of place in our lives.



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# STRESS

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### What are the symptoms of Stress?

There are many, many symptoms of stress. You may very well have read stories of people suffering from aches and pains, with doctors baffled as to the cause for many years. Eventually it turns out to be stress-induced.

Stress will impact people in different ways, so the more you become aware of how your body reacts to certain situations, the more you'll begin to understand how stress impacts you.

However, we've also included some of the most common signs of stress here, taken from the NHS website:

#### Physical

- Headaches or dizziness
- Muscle pain
- Stomach problems
- Chest pain or faster heartbeat
- Sexual problems

#### Mental

- Difficulty concentrating
- Struggling to make decisions
- Feeling overwhelmed
- Constant worry
- forgetfulness

#### Behavioural

- Irritable or snappy
- Sleeping too much or too little
- Over or under eating
- Avoiding certain places or people
- Drinking or smoking more



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# STRESS

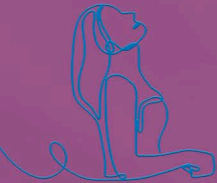
## AWARENESS MONTH

### Sanctus Coach tips for managing stress

#### BREATHE:

Notice your breathing pattern, is it shallow or deep?

Does it feel calm or restless? Help yourself by regulating your breathing, slowly counting 5 seconds on your in breath and 8-10 seconds on your out breath



#### BE KIND AND LISTEN:

Life can really feel hard at times, be kind to yourself and ask yourself "what is this feeling trying to tell me?"



#### MOVE IT OUT:

Discharge some pent up energy by kicking a ball around, skipping a rope, or just get up and shake it off with some vigorous movements...

Dance it off!



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# STRESS

## AWARENESS MONTH

### Sanctus Coach tips for managing stress

#### BE MINDFUL:

Make space for daily mindful moments in which you just get lost in one practice. If you are not a meditation fan that's alright! You can take some time to eat mindfully and really taste your food with no distractions, take a walk in nature and notice as many details about your surroundings as you can...lock your laptop and phone away and just immerse yourself into one activity, start with 5 minutes and see how it goes

#### WRITE DOWN HOW YOU'RE FEELING:

Give yourself a regular outlet and put your thoughts on paper, as a way to "park" them somewhere and tell your brain you are making space for them



# STRESS AWARENESS MONTH

## Resources:



**CALM**  
The Calm app offers guided meditations, breathing programmes and 'Sleep Stories' to help you de-stress and clear your mind.

### BE MINDFUL (FREE)

A clinically proven online mindfulness course approved by the NHS, Be Mindful helps you to manage anxiety through mindfulness-based cognitive therapy (MBCT).



Be Mindful  
Online Mindfulness Course



**MEDITAINMENT**  
Meditainment uses established guided meditation and visualisation techniques, leading you on imaginative journeys to dreamlike destinations to explore and reflect on a range of wellbeing topics.

### MYCOGNITION PRO

By using this NHS-approved programme for 15 minutes a day, you can optimise your cognitive health, mental wellbeing and resilience to stress.



**TOMO (FREE)**  
tomo is expertly designed to support you with many of life's obstacles, including social anxiety. The app combines digital peer support with the best of social media and proven therapeutic techniques.

### MY POSSIBLE SELF (FREE)

This clinically proven app can help you to understand and identify the causes of your anxiety so you can learn coping mechanisms and manage future situations better.



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## Resources:



**Anxiety Uk**

[www.anxietyuk.org.uk/](http://www.anxietyuk.org.uk/)



**Good Thinking**

[www.good-thinking.uk/  
anxiety/](http://www.good-thinking.uk/anxiety/)



**Mind**

<https://www.mind.org.uk/>  
**Anxiety & Panic Attacks**



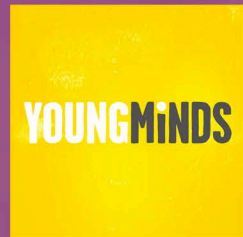
**Calm**

[www.thecalmzone.net/  
issues/anxiety/](http://www.thecalmzone.net/issues/anxiety/)



**No More Panic**

[www.nomorepanic.co.uk](http://www.nomorepanic.co.uk)



**Young Minds**

[www.youngminds.org.uk/  
find-help/conditions/anxiety/](http://www.youngminds.org.uk/find-help/conditions/anxiety/)



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