

## Where can I get further help?

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If you feel that stress is starting to have an impact on your life, make an appointment to see your GP or take a look at the Trust's website to see what services we offer and contact details. If you cannot get online please contact our customer services team on 0800 587 2108 for more details.

Website – [www.southwestyorkshire.nhs.uk](http://www.southwestyorkshire.nhs.uk)

Follow us on Twitter to get updates on what we're doing: [@allofusinmind](https://twitter.com/allofusinmind)

Like us on Facebook for the latest local health news, info and events: search for [allofusinmind](https://www.facebook.com/allofusinmind)

## Booklets available in this series:

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- Anger – How do I manage it?
- Baby Blues – How can I best deal with them?
- Bereavement – How can I cope?
- Confidence – How can I get some?
- Healthy living – What should I do?
- Healthy sex – How can I be sure?
- Low moods – How can I feel better?
- My body, my health. Check it out!
- Pain – What can I do to help myself?
- Self harm – How can I help myself?
- Shyness – How can I manage it?
- Sleep – How can I get some?
- The end of life – How can I prepare for it?
- Worries – How can I best deal with them?

### Your feedback is welcome

We invite you to share any comments, compliments, concerns or complaints you have about the Trust. Please speak to a member of staff or contact our customer services team on 0800 587 2108, who can also provide help in understanding this information, including in other formats.



“ “ *It's just one thing after another.* ” ”

## Sound familiar?

We all have days when everyday pressures can make us feel stressed and overwhelmed. Stress happens to everyone and can sometimes push us to rise to an occasion. However, stress can sometimes affect you more than you want it to.

This booklet contains information to help you manage your stress. If you feel like you require further support please organise a consultation with a healthcare professional, such as your GP.

## Step one: Remember you're not alone

Stress is something we all experience. But we must try and remember that everyone has their own set of stresses and challenges and deals with them in their own way. Try not to compare yourself to others and how they deal with stress as this can add to your anxiety.

“ “ *I have too much on my plate.* ” ”

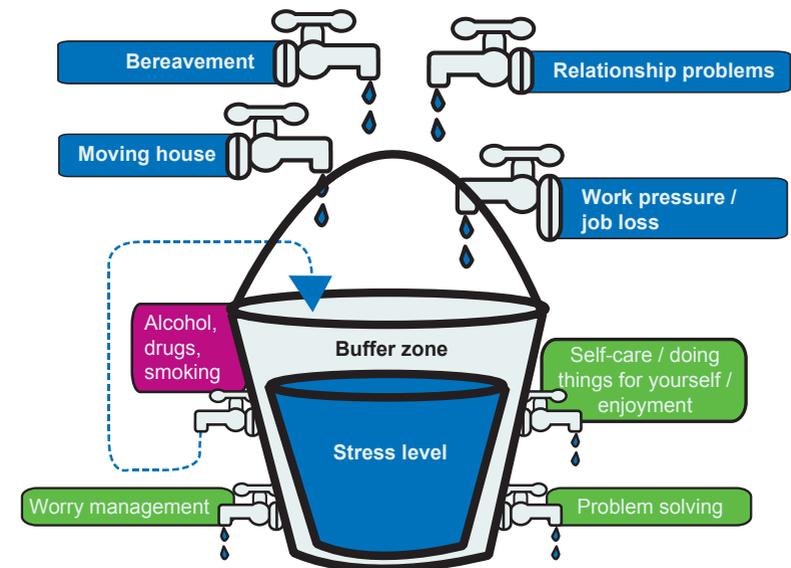
## Step two: Do something

The 'stress bucket' is a way of explaining how different people cope with stress. People who deal with stress in a healthy way have a big 'bucket' and people who don't will have a small 'bucket'. The size of your 'bucket' is down to a lot of factors in your life.

Stress is represented by water being poured into the bucket. If you experience too much stress, your bucket will fill up and overflow. This could result in a severe reaction to stress.

To avoid this you must find helpful ways of coping – this is like making holes in your 'bucket' to release the stress. Helpful coping strategies include talking through your problems with someone, having a healthy diet or getting a good night's sleep.

Examples of unhelpful ways of coping could be taking drugs, drinking too much alcohol or keeping your problems to yourself.



## Identify

Identifying the cause of your stress can help you to manage it. Organise your stresses into three categories:

**1) Stresses you can change.**

**2) Stresses that you cannot change.**

**3) Stresses that will sort themselves out in time.**

The second and third categories are unnecessary stresses and you should try to let go of these.

You can then break down your stresses from the first category and think of different ways to overcome them. Give yourself a timescale for resolving the issue and make sure you stick to it. You will find that once you start working on these actions it will bring your mind some peace.

You can make notes at the end of this booklet for yourself or to speak with someone about. Why not visit the [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk) website and download a problem solving sheet.

By writing things down you might start looking at your thoughts and feelings in more detail than you have done before. It's normal to feel anxious about this and you may find it useful to speak with a healthcare professional about it before you continue.

““ *I just can't relax.* ””

## Communicate

Speak to a loved one or someone you trust. Other people can ease your troubles by helping you to see things in a different way. Having a conversation is sometimes enough to raise your mood and relieve stress.

## Support groups

You might want to join a local support group. Meeting and talking to new people who are dealing with stress may help you deal with yours. If you would find this scary, ask someone to go with you.

You can find out about support groups near you at your local libraries or GP surgeries, or from your local council.

““ *Stress is taking over my life* ””

## Hobbies

Set yourself a new challenge or goal. This can be a personal goal like joining a group or going for a walk, or a professional goal such as volunteering. This will help to build your self-confidence and improve your emotional strength to help you better deal with your stress.

## Take time out

Reset your mood by stopping what you're doing. Wherever you are try to be mindful and appreciate what is around you. Being mindful and noticing what is going on will take your mind off your stress and help you to stay calm.

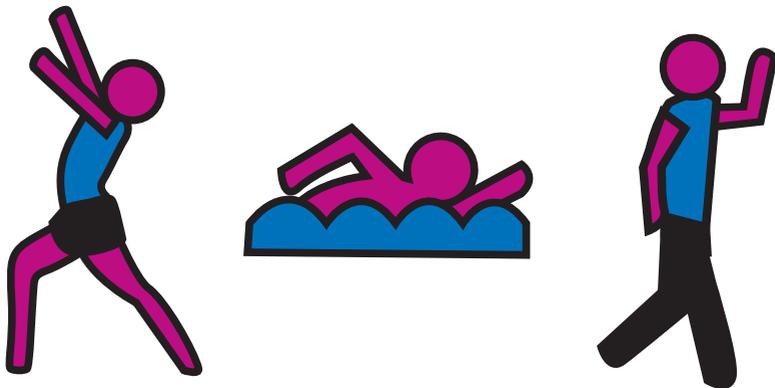
## Health

Keep yourself healthy. Don't rely on caffeine, alcohol or drugs to cope - they may seem to help short term but will ultimately create long term problems. Instead, try to ask for support from your friends or family.

Exercise is a great way to bring down your everyday stress levels and improve your overall wellbeing. It doesn't have to be difficult - try stretching, walking or swimming.

Stress can also show through physical symptoms such as rashes. If you notice any changes, talk to your GP.

““ *I feel so overwhelmed* ””



## Live smart

Prioritise what you are doing and start with the tasks that will make a big difference. Focus on managing your list of tasks and try to accept what you can realistically do in one day.

## Be positive

Write down three things that you are grateful for every evening. These don't have to be new things every day - they can be the same as the previous night. This will help you to stay positive.

## Sleep well

A good night's sleep is important to keep our body and mind functioning at its best. Try to relax before you go to bed by having a warm bath or a hot drink. Turning off your television and mobile phone will also help you to relax.

Get rid of any distractions before you go to bed. If you experience stress while you are in bed, write it down and set a time to deal with it the next day.

## Step three: Talk to a healthcare professional

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If you feel that stress is starting to have an impact on your life, see your GP or health professional.

## Notes

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