

Happy Well-being Wednesday!



What is stress?

Stress is the body's reaction to feeling threatened or under pressure. It's very common, can be motivating to help us achieve things in our daily life, and can help us meet the demands of home, work and family life.

But too much stress can affect our mood, our body and our relationships – especially when it feels out of our control. It can make us feel anxious and irritable, and affect our self-esteem.

Experiencing a lot of stress over a long period of time can also lead to a feeling of physical, mental and emotional exhaustion, often called burnout.

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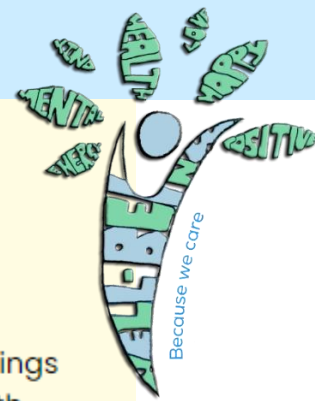
Signs of stress or burnout

If you are stressed, you may:

- feel overwhelmed
- have racing thoughts or difficulty concentrating
- be irritable
- feel constantly worried, anxious or scared
- feel a lack of self-confidence
- have trouble sleeping or feel tired all the time
- avoid things or people you are having problems with
- be eating more or less than usual



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Top tips to deal with stress and burnout



Split up big tasks

If a task seems overwhelming and difficult to start, try breaking it down into easier chunks, and give yourself credit for completing them. Making a habit of this can really help.



Allow yourself some positivity

Take time to think about the good things in your life. Make an appointment with yourself each day to consider what went well and try to list 3 things you're thankful for.



Try self-help CBT techniques

Our short video guides and practical strategies can help you deal with worries, anxiety and unhelpful thoughts, work through problems in new ways and build resilience.

[Self-help CBT techniques](#)



Be more active

Being active regularly can help you to burn off nervous energy. It will not make your stress disappear, but it can make it less intense.

[Better Health: Home workout videos](#)



Talk to someone

Trusted friends, family and colleagues, or contacting a helpline, can help us when we are struggling. Watch our video for more ideas.

[Video: Social connection](#)



Plan ahead

Planning out any upcoming stressful days or events – a to-do list, the journey you need to do, things you need to take – can really help.

Useful helplines



**CAMPAIGN
AGAINST
LIVING
MISERABLY**

0800 58 58 58

WEBCHAT

<https://www.thecalmzone.net/>

childline

Call 0800 1111

ONLINE, ON THE PHONE, ANYTIME

<https://www.childline.org.uk/>

shout
85258

TEXT 'SHOUT' TO

85258

here for you 24/7

<https://giveusashout.org/>

PAPYRUS
PREVENTION OF YOUNG SUICIDE

HOPELINEUK
0800 068 41 41

<https://www.papyrus-uk.org/>

SAMARITANS

Call 116 123 for free

<https://www.samaritans.org/?nation=scotland>

A useful website to use ➡ <https://www.nhs.uk/every-mind-matters/urgent-support/>

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Where to get help if you need support in school:

@RPCC there is so much support.

- Tutors
- Head of year support
- Heads of year
- Teachers
- Support staff
- Mental Health support workers
- SLT
- Well-being Champions
- Mental health Ambassadors
- Safe space stickers
- Library with a range of resources
- Anti-bullying ambassadors
- Peer mentoring program

