



Stress Toolkit

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What is stress?

Feeling you are under an abnormal amount of pressure

Cortisol, a stress hormone, releases fat and sugar, boosting energy

Stress can be good, we may be more alert and perform better

Stress happens when a rush of stress hormones goes through our body. Adrenaline raises blood pressure, increases heart rate and sweating. Noradrenaline reduces blood flow and stomach activity

Prolonged stress may lead to illnesses like heart disease or mental health issues

But Remember – stressful situations will likely happen throughout life; finding and using ways to control your response will help you to cope when they happen.

What should we look out for?

Irritation

Change of mood

Being quiet

Being erratic

Headaches

Anxiety

Muscle tension

Loss of appetite

Poor eating habits

Fatigue

Increased alcohol
consumption

Difficulty concentrating

Body changes

Menopause symptoms

Constant worry

Change in sleep pattern

WE can see these in ***OTHER PEOPLE***, but do we notice them in ***OURSELVES***?

Why can we feel stressed?

Tasks piling up

Not understanding something

Other people

Deadlines

Changes in our life

Past situations

Overthinking

Feeling anxious

Lack of control

Arguments

Money problems

Social isolation

Perfectionism

Trauma

Health concerns

Relationship issues

WE can see these in ***OTHER PEOPLE***, but do we notice them in ***OURSELVES***?

How can we make it better for ourselves?

Breathe

Plan - New organisation techniques

Journal

Speak to a line manager

Go for a walk

Look out of the window

Go outside

Ask for help

Exercise - keep moving

Take control

Connect with others

Mindful approach to daily tasks

Take time out for yourself

Form new healthy habits

Find positives in every situation

Look for joy in the small things

There will often be ways to change the situation or support you in responding to the issue and that may mean asking someone to help you initially.

Some useful support websites

Mind tools

<https://www.mindtools.com/>

NHS Guide

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/tips-to-reduce-stress/>

Mind

<https://www.mind.org.uk/information-support/tips-for-everyday-living/how-to-be-mentally-healthy-at-work/work-and-stress/>

Money helper

<https://www.moneyhelper.org.uk/en/money-troubles/dealing-with-debt/use-our-debt-advice-locator>

Mindful LOROS videos

<https://www.youtube.com/playlist?list=PLye73xXPU5n5F9S2r88Koo150q9tQasOr>

(Information in this guide has been taken from the above websites)