Brayton Academy

What is stress?

Stress is a normal response to situational pressures or demands. When you're feeling anxious or scared, your body releases stress hormones such as adrenaline and cortisol. Small doses of stress can be helpful and helps you to be prepared and be productive.

If you are stressed all the time this can be unhelpful and having last impacts. Stress can cause many different symptoms. It might affect how you feel physically, mentally and how you behave. It's not always easy to recognise when stress is the reason you're feeling or acting differently.

Stress

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.

Take time for yourself
Make sure you take time for yourself and do the things that you enjoy. Don't stop socialising, doing your hobbies or taking time to relax. This is often the case when we feel stressed, but you need them more now to release feel good chemicals.

Challenge your thoughts
The way we think affects the way we feel. Watch the video to learn how to challenge unhelpful thoughts.

Video: Reframing unhelpful thoughts

Be more active
Being active can help you to burn off nervous energy and release feel good hormones which help reduce the stress hormones.

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.

DEALING WITH STRESS

WELLBEING IN MIND TEAM