Coping with stress

Some life events can be stressful and affect our emotional wellbeing. Things like exams, relationship problems, money worries and career changes can all be stressful.

There are different things that you can do to help manage stressful situations more effectively.

Stress management toolkit	
	Be active Get some exercise or go outside for a walk
	Make a plan Set goals and targets to manage your time
	Connect with people Talk to a friend or someone you trust
	Take some me time Do something to relax, like reading, listening to music, crafts or have a pamper session
	Set healthy habits Eat well, sleep well, drink plenty of water and avoid substances (eg alcohol, caffeine, tobacco)
	Look for the positives Focus on what is going well for you and find enjoyment in the positives

Example activity

Discuss what makes you feel stressed and how you cope with stress with a trusted adult. Explain and justify your choices and ask them for feedback. Based on your discussion, are there any changes you can make? Record your reflection here.

Practical activity

Try out some of the ideas in the stress management toolkit when you feel stressed. Keep a record of how you felt and share it with a trusted adult. You could take photos, keep a diary or use a wellbeing tracker or app.

Self-care

Self-care is a term used to describe simple things that you can do to make yourself feel better when you're struggling with your emotions. You might find ways to build these into your regular routine, to help prevent feeling overwhelmed.

Consider the kinds of activities that you like to do for yourself and create a personalised self-care toolkit that you can refer to when you need it.

Self-care toolkit	

Top tip

You might find it helpful to think of activities that stimulate your senses: sight, smell, sound, touch and taste.

Example activity

Accessing support

There may be times when you feel you need extra support from mental health professionals and there are lots of services out there that can support you with this, including your GP. While there are lots of things that you can do to manage your own emotional wellbeing, it's important to know how to seek help if you're struggling with your mental health.

Create a checklist of things that you could do to prepare for a mental health appointment.

Mental health appointment checklist	✔
Make notes about what you want to discuss before your appointment	
Take someone you trust with you for support	
Ask questions or get the health professional to repeat what they've said if you don't understand.	