

Stress Awareness Month

APRIL 2024

April is National Stress Awareness Month and Alsop Mental Health Team would like to raise awareness of the negative impact stress is having on our daily lives

HAVE YOU EVER FOUND YOURSELF IN A SITUATION WHERE YOUR TO-DO LIST SEEMS ENDLESS, DEADLINES ARE FAST APPROACHING AND YOU FIND YOURSELF SAYING 'EEK! I FEEL STRESSED!?' BUT WHAT IS STRESS REALLY, AND HOW DOES IT AFFECT US.

THROUGH THE RELEASE OF HORMONES SUCH AS ADRENALINE, CORTISOL AND NOREPINEPHRINE, THE CAVEMAN GAINED A RUSH OF ENERGY, WHICH PREPARED HIM TO EITHER FIGHT THE TIGER OR RUN AWAY. THAT HEART POUNDING, FAST BREATHING SENSATION IS THE ADRENALINE; AS WELL AS A BOOST OF ENERGY, IT ENABLES US TO FOCUS OUR ATTENTION SO WE CAN QUICKLY RESPOND TO THE SITUATION. THERE IS NO SINGLE DEFINITION FOR STRESS, BUT THE MOST COMMON EXPLANATION IS PHYSICAL, MENTAL OR EMOTIONAL STRESS OR TENSION.

ARE YOU STRESSED AND UNDER PRESSURE? ARE YOU STRUGGLING TO COPE WITH THE DAILY DEMANDS OF YOUR LIFE?

WE'RE HERE TO SUPPORT YOU!

REGARDLESS OF AGE, SEX, ETHNICITY AND RELIGION, NO ONE IS IMMUNE TO THE BURDENS OF STRESS.

ALARMING STATISTICS ABOUT STRESS DEMONSTRATE THE WIDESPREAD PREVALENCE OF THIS STATE OF MIND.



Of those experiencing stress, 16% had self-harmed and 32% said they had experienced suicidal thoughts and feelings

74% of people feel so stressed they have been overwhelmed or unable to cope (Mental Health Foundation and YouGov)

One in 14 UK adults (7%) feel stressed every single day

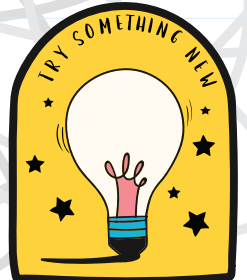
51% of adults who felt stressed reported feeling depressed and 61% reported feeling anxious

HERE AT ALSOP HIGH SCHOOL, WE ARE COMMITTED TO HELPING YOUR CHILD BUILD RESILIENCE AND DEVELOP COPING STRATEGIES THROUGH OUR MENTAL HEALTH TEAM IN ORDER TO SUPPORT YOUR CHILD THROUGH PERIODS OF STRESS. OVER THE NEXT COMING MONTHS, SOME OF OUR CHILDREN WILL BE SITTING EXAMS, WHICH CAN BE AN EXTREMELY STRESSFUL TIME.

IN ORDER TO HELP THEM COPE HERE ARE A FEW USEFUL TIPS WHICH MAY HELP:

GREEN THERAPY: IF YOU HAVE A GARDEN, GO OUTSIDE – IF NOT, USE YOUR EXERCISE TIME WISELY AND PLAN A ROUTE WHERE YOU CAN GET A NATURE FIX – GREEN IS GOOD! **MINDFUL COLOURING** – DOWNLOAD FROM WWW.STRESS.ORG.UK/SAMRESOURCES2020 **KEEP A MOOD/FEELINGS JOURNAL** TO WRITE DOWN HOW YOU ARE FEELING BE KIND TO YOURSELF, TAKE TIME OUT FOR SELF-CARE – IT'S LIKE THE OXYGEN MASK ON THE PLANE; PUT YOURS ON FIRST AND YOU'LL BE IN A BETTER POSITION TO HELP OTHERS **DIGITAL DETOX** – DO SOMETHING THAT DOESN'T INVOLVE A SCREEN TO ALLOW YOU TO DISCONNECT FROM THE 'ALWAYS ON' WORLD WE'RE CURRENTLY LIVING IN. COULD YOU MAKE A 'TECH FREE ZONE'?

FOR MORE RESOURCES TO HELP WITH STRESS PLEASE VISIT WWW.STRESS.ORG.UK,
WWW.YOUNGMINDS.ORG.UK
[HTTPS://COPINGSKILLSFORKIDS.COM/HOW-TO-DEAL-WITH-STRESS](https://copingskillsforkids.com/how-to-deal-with-stress)
WWW.VERYWELLFAMILY.COM



PLEASE VISIT THE FOLLOWING WEBSITE FOR LOTS OF ADDITIONAL SUPPORT FROM SERVICES SUCH AS ADDVANCED SOLUTIONS, ADHD FOUNDATION, LIVPAC, SUPPORT FOR DEBT ADVICE, ANTENATAL SERVICES, CHILDREN CENTRES, DOMESTIC VIOLENCE, MENTAL HEALTH, EVENTS HAPPENING OVER THE EASTER HALF TERM AND SO MUCH MORE....

<https://sway.office.com/yaQ6W3itHm4L9gTU?ref=Link>