

Stress Awareness Month

What is stress?

Stress is what we feel when we are under pressure, stress in itself is a normal response that we all experience from time to time. Research has shown that a moderate amount of stress can be beneficial and acts as a motivator for us to do well but too much stress can impact our wellbeing and daily functioning. Stress that lasts for a long time and feels overwhelming is often known as chronic stress which can cause physical and psychological symptoms.

What are the signs of stress?

Signs of stress can look somewhat different for every individual, most of our symptoms are linked to the fight-or-flight response. For more information check out this short video [The Stress Response- Fight or Flight](#).

What is my body doing?

Frequent headaches
Muscle tension
Aches & pains
Sweating
Feeling tired

What are my feelings doing?

More angry or irritable
Impatient
Anxious
Unhappy
Tearful

How am I acting?

Drinking more alcohol than usual
Eating too much/too little
No longer doing things you enjoy
Isolating from others
Avoiding leaving your house/flat

How am I thinking?

Worrying constantly
Racing thoughts
Negative perspective on things
Critical of ourselves and others

What causes stress?

What is stressful to one person may not be stressful to another – what causes us stress is a very individual experience. Sometimes one or two big life events or changes can cause us stress while other times it can be a buildup of smaller things in our lives. Life as a student can be a stressful one, factors such as assignments, exams, financial stress, work and separation from family and friends all generate stress. We experience both external stress (the things that happen to/around us) and internal stress (what happens inside us – the thoughts, feelings, behaviour and physical sensations we experience). We can't always control the external stressors in our lives but taking time to recognise these stressors can be helpful to aide our understanding in why we are feeling the way we are, and helps us to be kinder to ourselves. Becoming a student often involves at least one big life change and it is important that you take extra care of yourself during this time!

How can we manage stress?

The Stress Management Society has created a 30 day challenge which encourages action to take care of your physical, mental and emotional wellbeing to de-stress. Why not give it a go this month to learn how to manage your stress effectively, just click on the daisies below to get started!

**The 30 Day
Challenge**

**Hints, Tips
& Tricks**



Stress Management Society
from distress to de-stress

Paced Controlled Breathing

Try this guided paced 4:6 breathing technique that includes a visual aid to follow along with

Progressive Muscle Relaxation

This five minute guided meditation can help to relieve any tension you may be experiencing

Mindful Breathing

Breathing exercises with guided meditation

Exercise

A great way to relieve stress and tension. The main thing is to find an exercise you enjoy, which can be something as simple as a brisk walk.

Hobbies

Spending time on a calm and relaxing hobby, something that both absorbs and interests us. The more mindful a hobby is the better a stress-reliever it is!

Sleep

Get enough sleep! Some of the relaxation techniques mentioned above may help you in settling down for sleep. If you struggle with your sleep you can sign up to [Togetherall](#) (free to access with your university e-mail) to try the Improve Your Sleep course.

Eat well

Try to eat a balanced diet regularly to maintain energy levels and mood.

Self-Care

Schedule in time for soothing activities – These are going to look different for everyone and may take some experimentation to find what works for you!

Celebrate You

Make a list of all your strengths and achievements, keep this close to you and remind yourself of these when you are stressed!

Positive Affirmations

When things are out of control – remind yourself of this – you are trying your best!

What Have You Done Before?

Consider times when you have coped in the past and how you have got through other difficulties

What Are You Grateful For?

Keep a log of 3 things you are grateful for each day.

Reduce your alcohol intake

Alcohol can make it less likely for us to be able to cope the next day.

Avoid Avoidance

Make a list of what you may be avoiding and make a plan of how to deal with each problem

Check In with your Values

List 5 things you value and check you are currently doing things in line with these. If not, make a start or goal around them.

Time Management

Try to manage your time better, it's not easy we know! Write a to-do list, work out what needs prioritising and how you can split your time to achieve them. Focus on quality not quantity, an extra hour of work when you are highly stressed will achieve little as you will be struggling to focus. Take regular breaks – Make sure to go outside during your day, take time away for your lunch, and take time to have a drink.

Help & Support

Helplines

The Samaritans

Call: 116 123 Opening Hours: 24/7

Papyrus- Prevention of Young Suicide

Call: 0800 068 4141 Text: 07860 039967

Email: pat@papyrus-uk.org

Opening Hours: Weekdays 10am - 10pm / Weekends 2pm - 10pm / Bank Holidays 2pm - 10pm

Shout Crisis Textline

Text: SHOUT to 85258 Opening Hours: 24/7

Greater Manchester Mental Health

NHS Trust Helpline

Call: 0800 953 0285 Opening Hours: 24/7

Refuge

Domestic Abuse Helpline: 0808 2000 247
Opening Hours: 24/7

ManKind

Confidential helpline for male victims of domestic abuse/violence

Tel: 01823 334 244 Opening Hours:
Weekdays 10am - 4pm

Galop

For LGBT+ people experiencing abuse or violence

Telephone: 0800 999 5428 Email:

help@galop.org.uk

Opening Hours: Monday to Thursday 10am - 8.30pm / Friday 10am - 4.30pm

Online Support



Join with your Uni email address and you'll have immediate access to support

Kooth (for ages 10 to 25)

Free, online 24/7 support for mental health and wellbeing

Qwell (for ages 26 and over)

Free, online 24/7 support for mental health and wellbeing

Student Space

Expert information and advice to help you through the challenges of student life

Hub of Hope

A search engine that allows you to find support services near you

Staying Safe

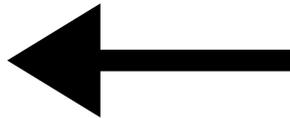
An online resource exploring staying safe from suicidal thoughts



Umii connects you to other students at Bolton with the same interests, similar course types and societies as you.

Click on the logo to get started!

Tips for Managing Stress



Copper's TIMETABLE

PETS AS THERAPY

Tuesday 9th April - 12-2pm

Tuesday 23rd April - 12-2pm

Copper, along with her human Dennis, can be found in Chancellor's Mall every other Tuesday.

Why not drop by for a tickle, cuddle or ear scratches!

Dennis also has a donation box if you have any spare change for the amazing Pets as Therapy charity



Want to access the Life Lounge?

CLICK HERE

We have Wellbeing and Mental Health Advisors, as well as both a Counselling and CBT Service.

We are free to access for all current students!