



STRESS

Stress is your body's way of responding to any kind of demand. It can be caused by both good and bad experiences. When people feel stressed, their bodies react by releasing chemicals into the blood. These chemicals give people more energy and strength, which can be a good thing if their stress is caused by physical danger. But this can also be a bad thing if their stress is in response to something emotional and there is no outlet for this extra energy and strength.

Some different types of stress are:

Survival stress- the 'fight or flight' response. When you are afraid that someone or something may physically hurt you, your body naturally responds with a burst of energy so that you will be better able to survive the dangerous situation (fight) or escape it all together (flight).

Internal stress- worrying about things that you can do nothing about, or worrying for 'no reason at all'.

Environmental stress- a response to things around you that can cause stress, such as noise, crowding and pressure from work or family.

Fatigue and overwork- this stress builds up over a long time and can take a toll on your body. It can be caused by working too much or working too hard. It can also be caused by not knowing how to manage your time well or how to take out time for rest and relaxation.

For more information on stress visit the NHS website:

<https://www.nhs.uk/conditions/stress-anxiety-depression/pages/understanding-stress.aspx>

WHAT YOU NEED TO KNOW

Sometimes it's easy for us to ignore that we are feeling stressed, or not recognise the symptoms of it.

If you are stressed, you may feel:

- Emotionally: overwhelmed, irritable, anxious, or lacking in self esteem
- Mentally: worried, difficulty concentrating, difficulty making decisions and have racing thoughts
- Physically: you may have headaches, muscle tension, dizziness, sleep problems or eating problems.

HOW CAN YOU HELP MANAGE YOUR STRESS?

You can't always prevent stress, but there are lots of things to do to manage stress better:

- Share problems with family or friends
- Make more time for things you enjoy
- Take a break/holiday/time off
- Engage in regular exercise and healthy eating
- Make sure you're getting enough sleep
- Avoid caffeine/alcohol/nicotine

You can also come to the **Student Wellbeing Service Drop-In** (via the Student Guidance Centre information desk) Mon-Fri, term time, 12.30-1.30pm, or you can **email** studentwellbeing@qub.ac.uk to book an appointment with a Wellbeing Advisor.

Take5

steps to wellbeing



Give



Be active



Connect



Keep learning



Take notice

Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well.



There are five simple actions to help maintain and improve your emotional wellbeing in everyday life. Try to build these into your daily life – think of them as your 'five a day' for emotional wellbeing.



Connect

Connect with the people around you, with family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you everyday.



Be active

Go for a walk or run, step outside, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.



Take notice

Be curious, catch sight of the beautiful, remark on the unusual, notice the changing seasons. Savour the moment, whether you are on a bus or taxi, eating lunch or talking to friends, be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.



Keep learning

Don't be afraid to try something new, rediscover an old hobby or interest or sign up for that course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident, as well as being fun to do.



Give to others

Do something nice for a friend, or a stranger, thank someone, smile, volunteer your time, or consider joining a community group. Look out, as well as in, seeing yourself, and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

The 5 ways to wellbeing were developed by the New Economics Foundation

www.mindingyourhead.info

Would you like to share your story on the back of this leaflet? If so please email studentwellbeing@qub.ac.uk

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