

Lancashire Mind's wellbeing newsletter

April 2021

April is Stress Awareness Month.

Why are we focusing on stress? Well, April is Stress Awareness Month and as the world is starting to return to some form of normality, things are picking up again and feeling busy. We may now notice ourselves becoming a little stressed about certain situations.

This newsletter is jam packed with tips, strategies and helpful resources to hopefully make our transition back to normality feel that little bit easier.

Avoidance

Anxious

Overwhelmed

Worried

Unmotivated

Snappy

Apprehensive

Irritable

Nervous

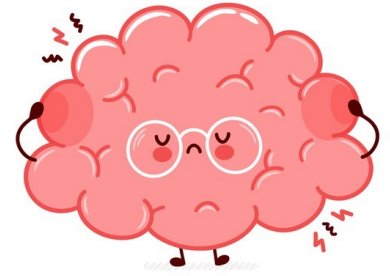


Follow us on social media - @lancsmind
Find more resources for Children and Young People, Adults and Parents on our website:
www.lancashiremind.org.uk



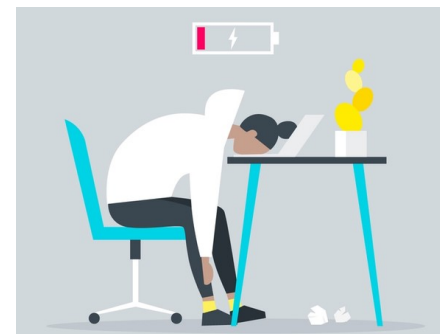
What is stress?

Stress is the body's reaction to feeling threatened or under pressure. It's very common and can be motivating to help us achieve things in our daily life. It can help us meet the demands of home, work and family life.



But too much stress can affect our mood, our body and our relationships – especially when it feels out of our control. It can make us feel anxious and irritable, and affect our self-esteem.

Experiencing a lot of stress over a long period of time can also lead to a feeling of physical, mental and emotional exhaustion, often called burnout.



Six tips to support stress and burnout



Split up big tasks-

If a task is too big and you don't know where to start, or feel overwhelmed, then try breaking it down into smaller chunks. Write them down so you can see what your next steps are and tick them off as you go. Give yourself credit for completing them.



Challenge unhelpful thoughts-

The way we think affects the way we feel, this can have a big impact on our day. When you have an unhelpful thought try changing it into a positive one. Take a minute and see if you can change your mindset and see how it affects your body.



Talk to someone-

Try to reach out and talk to someone. A trusted friend, family member, teacher or colleague. You can even contact a helpline if you would prefer to talk to someone you don't know. Talking can normalise how you are feeling and helps lift the weight of emotions.



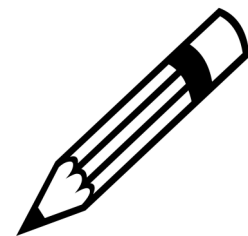
Embrace the positives-

Take some time to think about the good things in your life, the things that make you happy and feel good. At the beginning of the day write what you are grateful for that morning and at the end of the day write what you consider went well that day.



Be more active-

Being more active can help burn off nervous energy that you might feel in your body. It may not make your stress disappear but it can make it less intense. Try getting out for a walk, completing a workout or run. You can even keep active by drawing and being creative.



Plan ahead-

Planning out any upcoming events or days that may feel stressful can help. Try creating a to do list, the journey you need to do, things you need to take. Planning out an event can really help take the stress away.

Things you can try to help with stress



DOs



DON'Ts

- ◆ Try talking about your feelings to a friend, family member or health professional. You could also contact Samaritans, call: 116 123 or email: jo@samaritans.org if you need someone to talk to
- ◆ Find out more about 10 stress busters – including getting started with exercise and setting aside time for yourself
- ◆ Use calming breathing exercises
- ◆ Consider peer support, where people use their experiences to help each other. Find out more about peer support on the Mind website
- ◆ Listen to free meditations or music to help boost your mood

- ◆ Do not try to do everything at once – set small targets you can easily achieve
- ◆ Do not focus on the things you cannot change – focus your time and energy into helping yourself feel better
- ◆ Try not to tell yourself that you're alone – most people feel stressed at some point in their life and support is available
- ◆ Try not to use stimulants and caffeine to relieve stress – these can all contribute to poor wellbeing and may make you feel more unsettled.

Focus on the present- When we worry or feel stressed about what might happen in the future we can let our emotions and feelings escalate. Only focusing on the simple things happening in the here and now means we can't worry or let stress build up.

Try saying one of these affirmations if you feel overwhelmed.

I will focus on my breathing..... I will describe to myself how my body feels.... I will describe to myself my surroundings..... If my mind goes to worrying I will bring it back to the present.....

Journal Write things down

Boundaries Learn to say no

Triggers Figure out what causes you stress

Relax Belly Breathing

Be brave Tackle problems

Fun Makes you feel good

Sleep Repairs mind and body



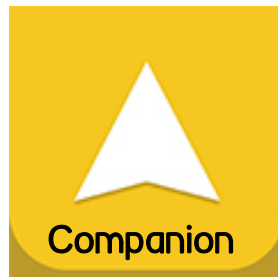
Here are the logos of some apps that can help monitor your stress and help you to be more in control of how you're feeling. You can also look on the NHS library for more suggestions.



Insight Timer



STOP, BREATHE
& THINK



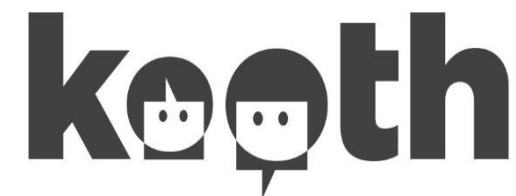
It is very normal to feel overwhelmed with all the changes we face at present and how this could lead to a feeling of stress. To help make things feel less scary it is important to use things that help us feel good. Below are useful webpages that have great resources on them and can be an extra addition to your mental health tool kit. Click on the picture to be sent directly to the page



Whether you're 13, 25, or any age in between, we're here to take on the embarrassing problems, weird questions, and please-don't-make-me-say-it-out-loud thoughts you have. We give you the information and support you need to deal with it all. Because you can. Because you're awesome.



We want to see a world where no young person feels alone with their mental health, and all young people get the mental health support they need, when they need it, no matter what.



XenZone is a provider of online mental health services for children, young people and adults.

Kooth, from XenZone, is an online counselling and emotional well-being platform, accessible through mobile, tablet and desktop and free at the point of use.



ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Childline is here to help anyone under 19 in the UK with any issue they're going through.

You can talk about anything. Whether it's something big or small, our trained counsellors are here to support you.

General Government Guidance and Updates

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

NHS Guidance

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.nhs.uk/conditions/social-care-and-support-guide/caring-for-children-and-young-people/children-and-young-peoples-services/>

<https://www.nhs.uk/oneyou/every-mind-matters/>

Lancashire Mind Resources

<https://www.lancashiremind.org.uk/pages/148-coronavirus-and-your-mental-health>

Mind.org Resources

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapse77625>

Other Mental Health Resources

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

<https://www.anxietyuk.org.uk/blog/health-and-other-forms-of-anxiety-and-coronavirus/>

<https://www.healthyyoungmindsisc.co.uk/information/children-and-young-people>

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

<https://www.kooth.com/>

<https://wellbeingpassport.org.uk/>

Crisis Help and Helplines

If the person is in a crisis and in need of medical attention, you should call 999 and ask for an ambulance to take them to A&E.

If the person is presenting as a danger to themselves or members of the public you should contact the Police on 999.

Samaritans on free phone 116 123 (open 24 hours a day every day of the year)

| <i>Local area</i> | <i>9am-5pm</i> | <i>5pm-9am</i> |
|--------------------------------------|----------------|------------------------------|
| Blackburn | 01254 226430 | 01254 226074 |
| Blackpool | 01253 951225 | 01253 956280 |
| Chorley & South Ribble | 01772 676173 | 01772 773525 |
| Hyndburn, Rossendale & Ribble Valley | 01254 226006 | 01254 612640 |
| Lancaster & Morecambe | 01524 550550 | 01524 550198 or 01524 550199 |
| Pendle & Burnley | 01282 628455 | 01282 657222 |
| Preston | 01772 647024 | 01772 773433 |
| South Cumbria | 0300 024 7247 | 0300 024 7247 |
| West Lancashire | 01695 684161 | 01695 684356 |