

## Stress

Stress is the feeling of being under too much mental or emotional pressure. It is not an illness itself but can cause serious illnesses if it isn't addressed. There is little you can do to prevent stress but there are many things you can do to manage stress.



### Symptoms of stress:

Spotting the early signs of stress is important and will help you develop ways of combating it but it could also prevent it getting worse and leading to serious complications.

- Sleeping problems
- Anxiety
- Sweating
- Difficulty concentrating
- Loss of appetite
- Anger (or losing temper quicker)
- Headaches
- Muscle tension or pain
- Dizziness



### How to cope with stress:

The first step of coping with stress is finding out **what is causing it.**

1. **Keep a diary** for a couple of weeks listing all the times you feel stressed, recording what was happening and how you felt.
2. **Talk to someone** if you feel stressed. There is a team of Pastoral care staff within school and you can refer yourself to the counsellor.



