



RISE MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

STRESS AWARENESS

We can all feel stressed at times and it is a normal reaction to some situations. A certain level of stress can actually be helpful, however too much stress can make us feel anxious or depressed, and may impact on our sleep, eating habits and general wellbeing.

Everyone experience stress differently, so it is important to understand how stress affects *you*. Therefore, you can manage your stress better and stay healthy!

The Stress Bucket:

The Stress Bucket is a way to explain how stress can build up. The stress in our lives is represented by water filling up a bucket - too much water is a problem and can cause an overflow. It is helpful to identify the things in our day that contribute to filling up our bucket and start doing things that help to empty our bucket.



We can talk about our stress levels in terms of how full our stress bucket is. Different problems and demands can fill up our stress bucket, such as education, family worries, friendship problems and losing someone close.

Some people may have a smaller bucket than others - these people may find it more difficult to cope with stress and therefore, they may feel overwhelmed quicker than others.



We can't change the size of our bucket but we can learn to recognise when our bucket is filling up, and what coping strategies can help us manage stress so that our bucket doesn't overflow. Relaxing activities, such as watching TV, going for a walk, reading a book, sitting outside in the sun and talking to a friend, can all help to empty our stress bucket!

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate!

thankskids@covwarkpt.nhs.uk

MHST are available to support you and your school throughout the school year including term time and school holidays. Please contact your school's Mental Health Lead for information and advice.