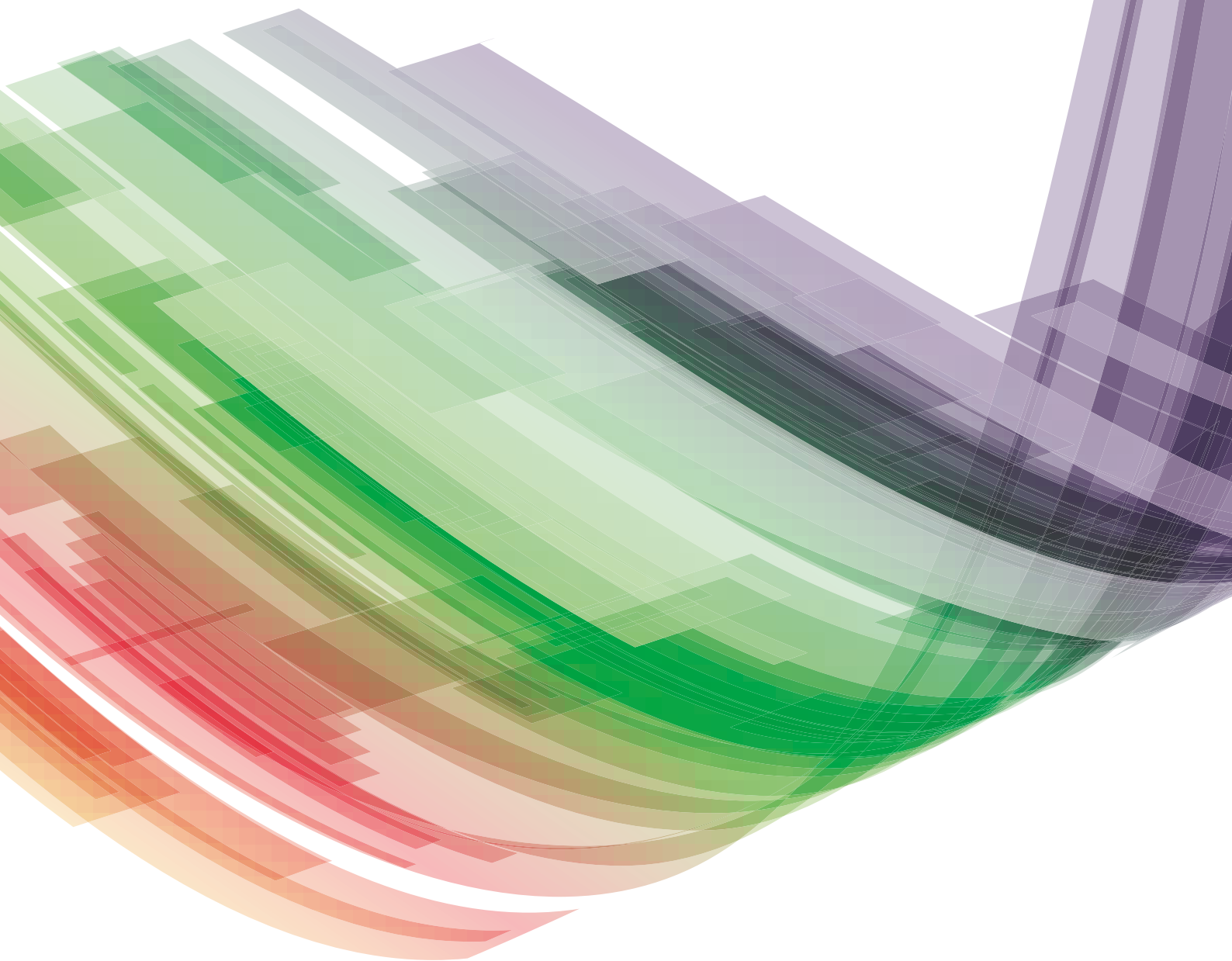




**Bedfordshire, Luton
and Milton Keynes**
Integrated Care Board

Stress



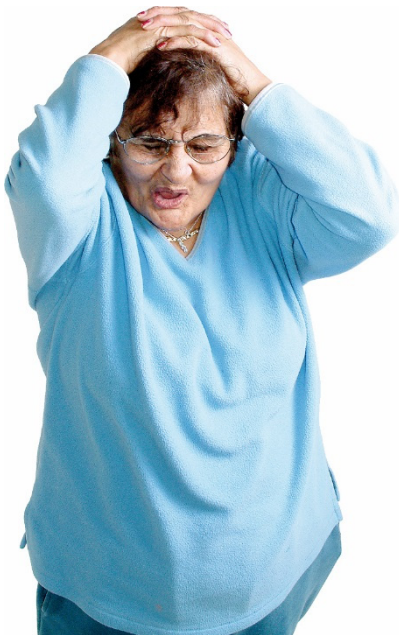
A self help guide

A member of staff or a carer can support you to read this booklet. They will be able to answer any questions that you have.

About this leaflet

- This leaflet is about stress.
- It will tell you what might happen if you get stressed.
- It will tell you some things to help you feel better.

What is stress?



Stress is a word that lots of people use when they feel like things are getting too much to deal with.

Stress is different for everyone.

Some people find moving house stressful, this might not be a problem for others.

Most people feel stress at some time in their lives.

Stress can make you feel very poorly. You should get some help to make things better.

How you might feel if you are stressed

Stress can affect how you feel and how you behave.



You might feel:

- Worried, nervous or tense.
- Down, or depressed.
- Irritable or angry.
- Unable to control your temper.
- Tired or not wanting to do anything or go anywhere.

Your body might feel different:



- You might get headaches or feel dizzy.
- You might sweat.
- Your heart might beat faster.
- You might get pains in your stomach.
- You might get pain in your muscles.
- You might think you might find it harder to breathe.

You might behave differently:



- You might get angry at people.
- You might start drinking or smoking more than normal.
- You might not want to eat much, or eat too much.
- You might have problems sleeping.

If you have some of these things, you might be feeling stressed.

Why do people feel stressed?

Lots of things that happen in your life can make you feel stressed.

Things like:

- Someone close to you dying.
- A relationship ending.
- Losing your job or starting a new job.
- Having a lot of changes happening.
- Having health problems.
- Worrying about money.
- Moving house.
- Arguing with your friends or family.



There are lots of things you can try to help you feel less stressed



- Talk to people about how you are feeling.
- Try to think about good things that you like.



- Eat well.
- Plan your time, do one thing at a time and remember to take breaks.



- Relax – take time to enjoy yourself.



- Exercise.
- Talk to your doctor, if these things don't work.



- Have a holiday if you can.

Where to get more help

If you would like to get more help or information about stress, you can get in touch with these people:



Mind Infoline

Help and information and support.

Telephone: 0300 123 3393

Email: info@mind.org.uk

www.mind.org.uk



Rethink

Information and help for anyone who has mental health problems.

Telephone: 0300 500 0927

Email: info@rethink.org

www.rethink.org

SAMARITANS

Samaritans

Support for people in a crisis.

Telephone: 116 123

Email: jo@samaritans.org

www.samaritans.org



You can also get help and information from your doctor or nurse.

Easy Read version developed by:

- Skills for People, Telephone: 0191 281 8737
Skills for People is a registered charity no. 1069993



- Many thanks to service users and healthcare staff who have contributed to the development of this guide

Adapted from Stress - A Self Help Guide written by
Dr Lesley Maunder and Lorna Cameron
www.cntw.nhs.uk/selfhelp

This booklet has been re-produced under licence with permission from Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust © 2020 www.cntw.nhs.uk