



April is
Stress
Awareness
Month





Feeling drained or tired all the time

Struggle with self-doubt

Procrastinating alot

Frequent headaches

unable to get a good nights sleep

Feeling irritable

Easily overwhelmed

Loss of motivation

SIGNS OF STRESS



THE STRESS BUCKET



The stress bucket is an effective tool that can be used to manage stress. Imagine we have a bucket that carries our stress. Every day things fill the bucket such as anxiety, grief, financial worries, deadlines, and high work load.

If we don't do anything to empty the bucket it will overflow. In order to release some of the stress we need to have outlets, these are the things that help you to de-stress and feel good. This may be things like, exercise, socialising and practicing breathing techniques.

Take your first step

Call 0300 300 1554 opt 3

or

Email bdtalkingtherapies@nelft.nhs.uk

Visit talkingtherapies.nelft.nhs.uk

Speak to your GP

Scan the QR code



EMERGENCY CONTACT NUMBER

If you are in crisis or severe distress, please contact
Mental Health Direct Helpline, operational 24/7

0800 995 1000

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