

ELSA Newsletter

Stress

Mental pressure; Pressure or worry caused by the problems in someone's life



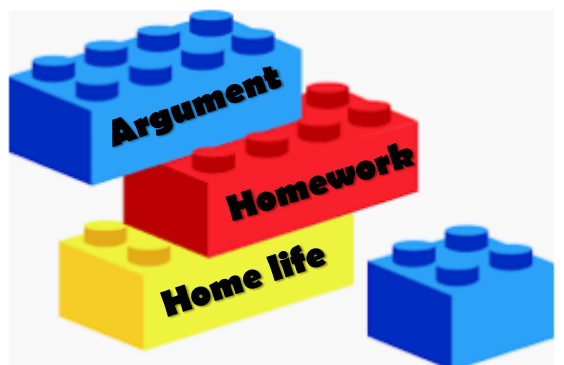
Stress is different for everyone and can be caused by lots of different things. The first thing to understand is that there are three different types of stress, these are:

Acute Stress

This type of stress comes on really quickly but luckily it doesn't last long. It can make you feel unsettled and will become a barrier to your learning or concentration therefore it's important that you recognise it and deal with it. Acute stress can be caused by an exam that's coming up or an argument with someone in your life. Remember – this type of stress is sometimes good as it makes us more resilient (we will talk about this in another news letter) and it can make us achieve things in our daily lives.

Chronic Stress

This is when lots of things stress you out every day. This type of constant stress can leave you feeling tired and feeling like you don't have any energy. It can be caused by; things happening at home, having constant arguments with your friends/family, being behind with your homework. It's basically a build up of things that make you stressed every day.



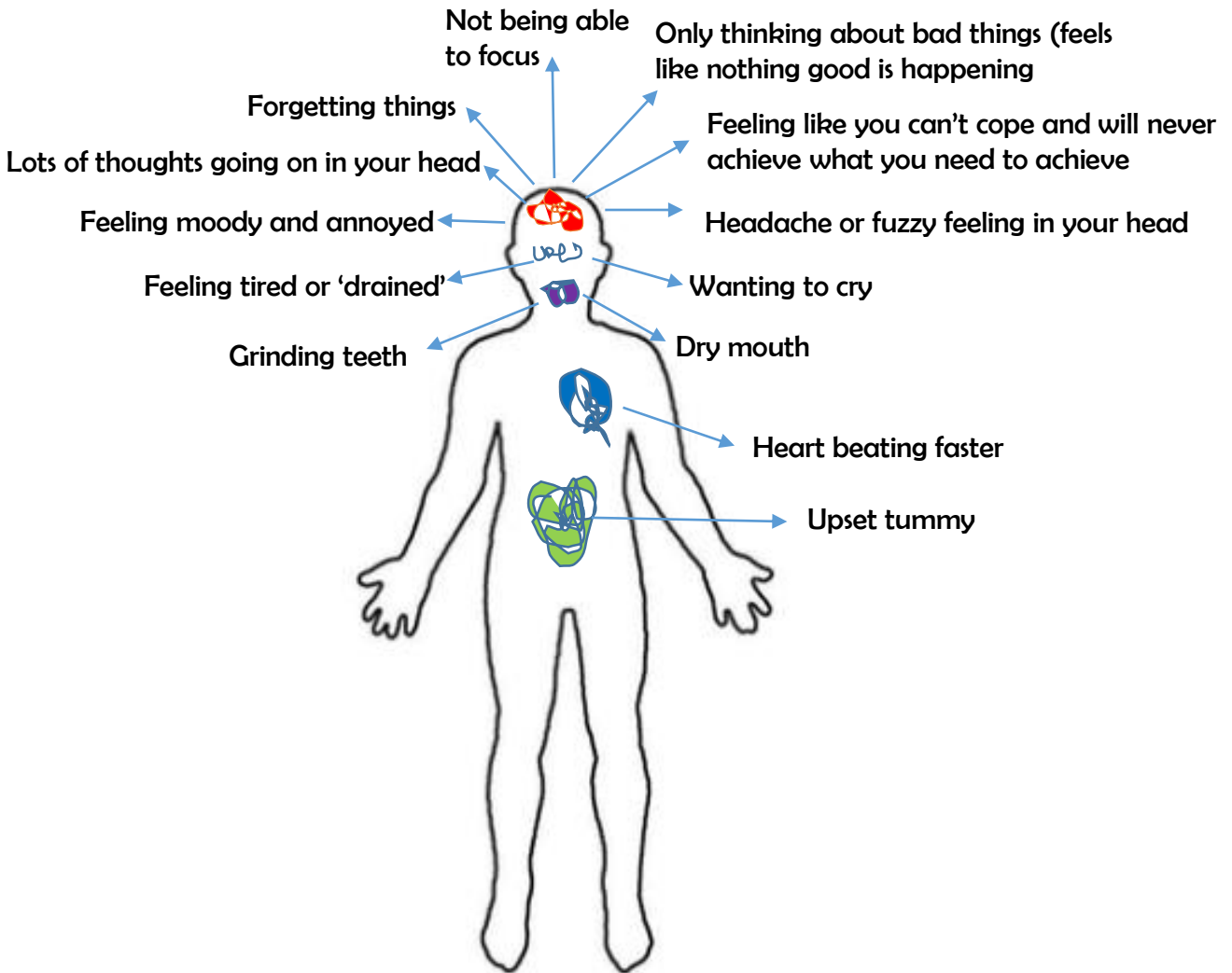
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Emotional Stress

This is probably one of the most uncomfortable types of stress, the pain and upset caused by emotional stress can stay with us for a longer period of time. This type of stress can be caused by a separation, divorce or the loss of someone close to you.

How do we know when we are stressed?

In order to recognise that we are suffering from stress we need to listen to our bodies and to link our feelings to things that are happening in our lives. When we feel stressed our bodies will react in some sort of physical and emotional way, it can also affect the way that we think.



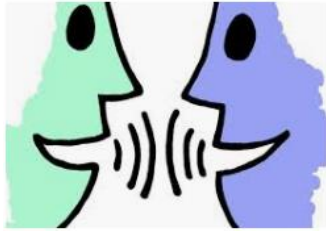
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What can I do if I feel stressed?

There are lots of things you can do if you feel stressed, these techniques will help with any type of stress however, if you are suffering with emotional stress you may need to ask for extra help from a trusted adult or professional.

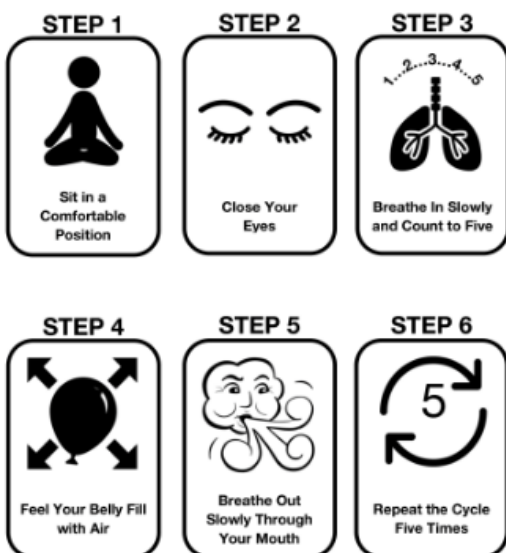


To help you with your organisation write down a list of all the things you need to do. Sometimes it's good to have this list by your bed so that you can write things down before you go to sleep.

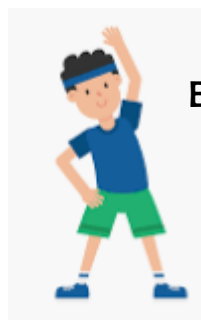


Talk to someone, they might be able to help you or they may be able to help you look at things in a more positive way

6 Steps to Belly Breathing



Do some breathing exercises, this is really good to practice as you can use it anywhere you go



Exercise regularly and eat healthy food



Listen to relaxing music



Try some meditation, there are some really good apps that will help you with this, some of these are:

