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Stress!



Stress is Normal



- ▶ Stress is a normal physical response to events that make you feel threatened or upset
- ▶ When you sense danger the body's defences kick into high gear in a rapid, automatic process known as the “fight-or-flight-or-freeze” reaction, or the *stress response*
- ▶ The stress response is the body's way of protecting you



Stress Is Good For You



- ▶ It helps you stay focused
- ▶ Gives you more energy
- ▶ Keeps you alert
- ▶ Gives you more physical strength
- ▶ Helps you rise to meet challenges
- ▶ Stress is what keeps you on your toes during a presentation, sharpens your concentration during a test or drives you to study for an exam when you'd rather be watching TV

YOU NEED A CERTAIN AMOUNT OF STRESS TO ACHIEVE YOUR BEST

Stress Can Cause Problem



- ▶ However, beyond a certain point, stress stops being helpful and starts causing major damage to your:
- ▶ Health
- ▶ Mood
- ▶ Productivity
- ▶ Relationships
- ▶ Quality of life

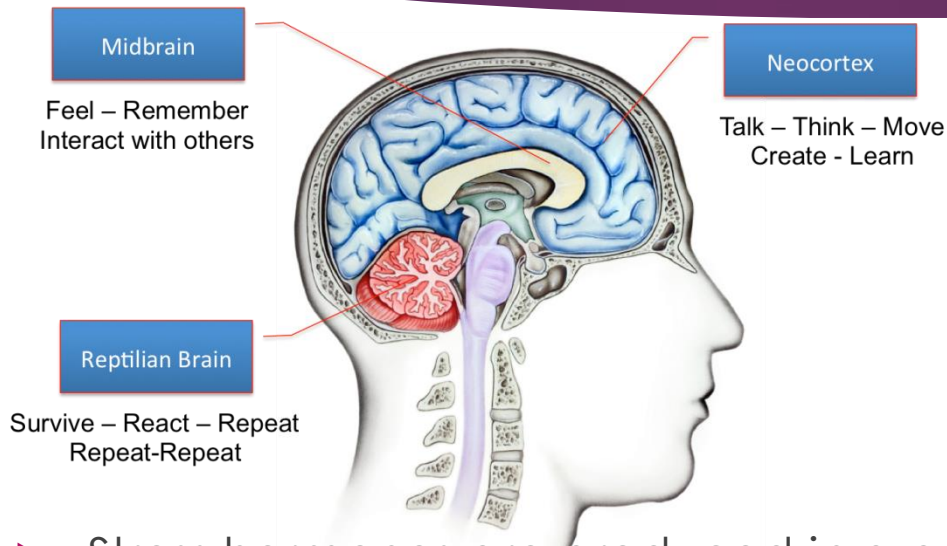


Too much stress = bad



- ▶ When you're constantly running in emergency mode, your mind and body pay the price

The Reptilian Brain



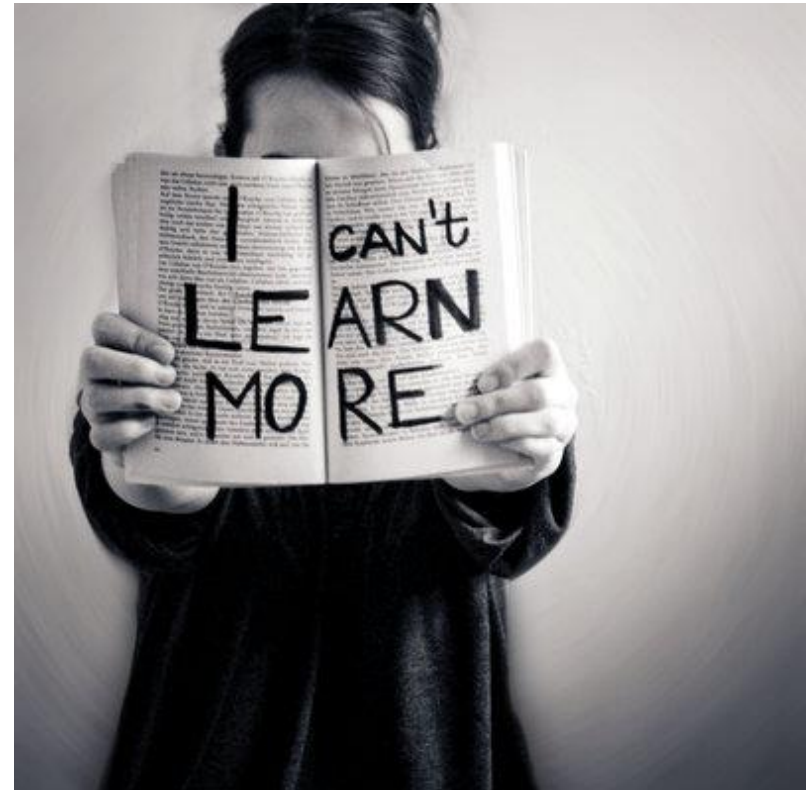
- ▶ Stress hormones are produced in a portion of the brain that is frequently called the lizard, or reptilian brain (evolutionary speaking this is the oldest part of the human brain)
- ▶ Unfortunately, when the reptilian brain is activated, the forebrain (newest part of the brain) is shut down. This is the part of the brain we access when we are learning or creating something new.

Too Much Stress = Inability to Learn



- ▶ That's why stress impacts our ability to learn
- ▶ When we are stressed, we are unable to think clearly or process new information
- ▶ We simply can't learn

**DON'T GET YOURSELF SO
WOUND UP YOU CAN'T
REVISE**



How do I tell if
I am Too
stressed?

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Stress Doesn't Always Look Stressful



- ▶ Psychologist Connie Lillas uses a driving analogy to describe the three most common ways people respond when they're overwhelmed by stress:



Foot on the Gas



- ▶ An angry, agitated, or “fight” stress response
- ▶ You’re heated, keyed up, overly emotional, and unable to sit still



Foot on the Brake



- ▶ A withdrawn, depressed, or “flight” stress response. You shut down, pull away, space out, and show very little energy or emotion



Foot on Both



- ▶ A tense or “freeze” stress response; you become frozen under pressure and can’t do anything
- ▶ You look paralyzed, but under the surface you’re extremely agitated



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What are the
Symptoms of
stress?

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Stress Overload: Emotional Warning Signs & Symptoms



- Moodiness
- Irritability or short temper
- Agitation, inability to relax
- Feeling overwhelmed
- Sense of loneliness and isolation
- Depression or general unhappiness



Stress Overload: Physical Warning Signs & Symptoms



- Aches and pains
- Diarrhea or constipation
- Nausea, dizziness
- Chest pain, rapid heartbeat
- Frequent colds



Stress Overload: Behavioural Warning Signs & Symptoms



- Eating more or less
- Sleeping too much or too little
- Isolating yourself from others
- Procrastinating or neglecting responsibilities
- Using alcohol, cigarettes, or drugs to relax
- Nervous habits (e.g. nail biting, pacing)



Stress Overload: Cognitive Warning Signs & Symptoms



- Memory problems
- Inability to concentrate
- Poor judgment
- Seeing only the negative
- Anxious or racing thoughts
- Constant worrying



How do I
Cope with
stress?

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The Wrong Way to Deal with Stress



- ▶ Unfortunately, many people cope with stress in ways that only compound the problem
 - ▶ Drink too much to unwind at the end of a stressful day
 - ▶ Eat junk food
 - ▶ Zone out in front of the TV or computer for hours
 - ▶ Use pills to relax
 - ▶ Lash out at other people



Healthy Ways to Deal with Stress

A red square graphic with a white crown at the top. Below the crown, the text 'KEEP CALM AND CARRY ON' is written in a bold, white, sans-serif font, arranged in four lines: 'KEEP', 'CALM', 'AND', and 'CARRY ON'.

**KEEP
CALM
AND
CARRY
ON**

- ▶ Since everyone has a unique response to stress, there is no “one size fits all” solution to dealing with it so experiment with different techniques and strategies

FOCUS ON WHAT MAKES YOU FEEL CALM AND IN CONTROL

Strategies to Reduce Stress Levels



- ▶ **Have a good support network** – don't mix with people that stress you out
- ▶ **Increase your sense of control** – Focus on the parts of the situation you can control rather than the ones you can't
- ▶ **Be optimistic & accepting** – See stressful situations as challenges, accept they are part of life & that no one is ever perfect, even you
- ▶ **Teach yourself to relax/calm down** – Use relaxation/meditation - you're extremely vulnerable to stress if you don't know how to calm and soothe yourself when you're feeling sad, angry, or overwhelmed by a situation
- ▶ **Be prepared** – The more you know the easier it is to cope. Find out as much as you can about the stressful situation



Improve your Physical Health and your Mental Health will Follow



- ▶ **Set aside relaxation time**
- ▶ **Exercise regularly**
- ▶ **Eat a healthy diet** - Start your day with a healthy breakfast, reduce your caffeine and sugar intake, and cut back on alcohol and nicotine
- ▶ **Get plenty of sleep**



What to do if it
all gets too
much?

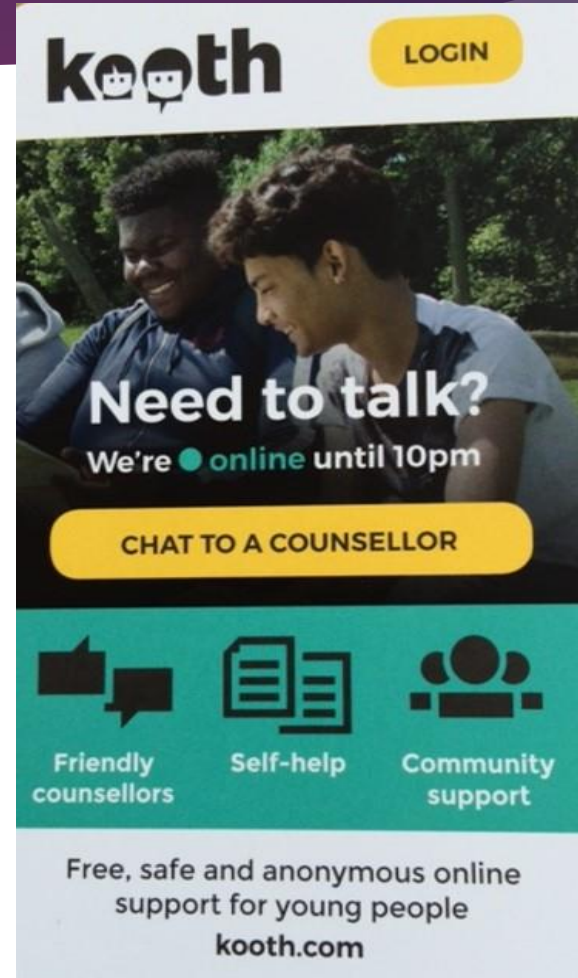
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What to do if you feel
you aren't coping

The kooth logo, featuring the word "kooth" in a bold, lowercase sans-serif font. The letter 'o' is replaced by a stylized speech bubble containing a face with a neutral expression.

Talk to
someone

The kooth logo, featuring the word "kooth" in a bold, lowercase sans-serif font. The letter 'o' is replaced by a stylized speech bubble containing a face with a neutral expression.A screenshot of the kooth mobile app interface. At the top, the kooth logo is on the left and a yellow "LOGIN" button is on the right. Below this is a large image of two young people, a Black man and a white woman, looking at a laptop together. Overlaid on the image is the text "Need to talk?" in large white font, followed by "We're online until 10pm" in smaller white font. Below the image is a yellow button that says "CHAT TO A COUNSELLOR". At the bottom, there is a teal bar with three icons: a speech bubble, a document, and a group of people. Below each icon is the text "Friendly counsellors", "Self-help", and "Community support" respectively. At the very bottom, there is a white bar with the text "Free, safe and anonymous online support for young people" and the website "kooth.com".



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1 IN 4 OF US STRUGGLE WITH
OUR MENTAL HEALTH




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LOGIN



Need to talk?

We're  online until 10pm

Are you
talking
about it?




kooth

LOGIN



Need to talk?

We're  online until 10pm

About Us....



- **Kooth.com** is somewhere you can go to get advice, support and guidance from qualified counsellors and young people your own age, for any problem, no matter how big or small.
- **It is available for 11 – 18yr olds & is:**
 - Free
 - Anonymous
 - Confidential
 - Safe
 - Commissioned by the NHS
 - Open 24/7

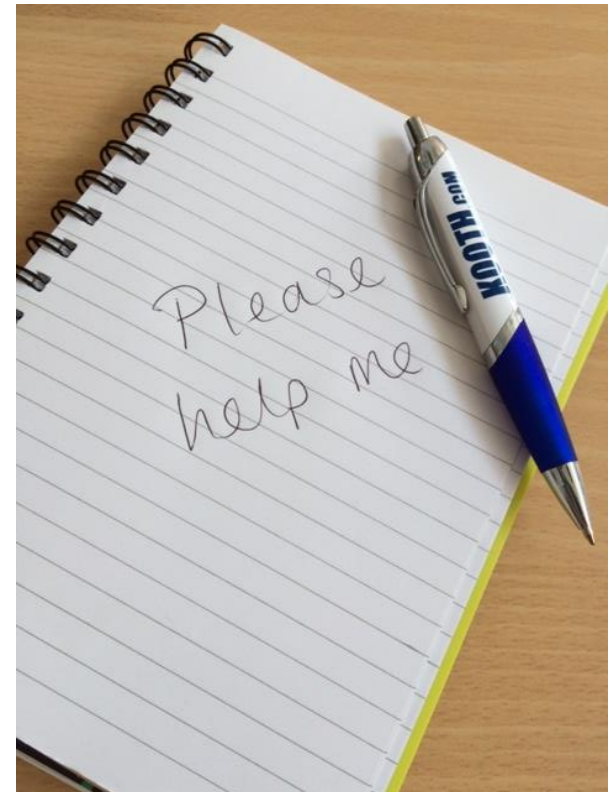
The image shows a banner for the Kooth website. At the top left is the Kooth logo, and at the top right is a yellow button with the word "LOGIN" in black. Below the header is a photograph of two young people, a Black male and a white female, looking at a laptop together outdoors. Overlaid on the photo is the text "Need to talk?" in large white font, and "We're online until 10pm" in smaller white font. Below the photo is a large yellow button with the text "CHAT TO A COUNSELLOR" in black. At the bottom of the banner is a teal bar with three icons: a speech bubble, a document, and a group of people. Below each icon is the text "Friendly counsellors", "Self-help", and "Community support" respectively. At the very bottom of the banner is a white bar with the text "Free, safe and anonymous online support for young people" and "kooth.com" in black.

What we can help
with....



➤ Anything!!

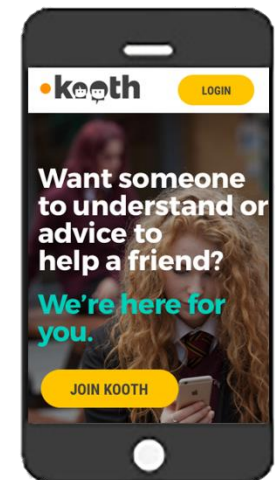
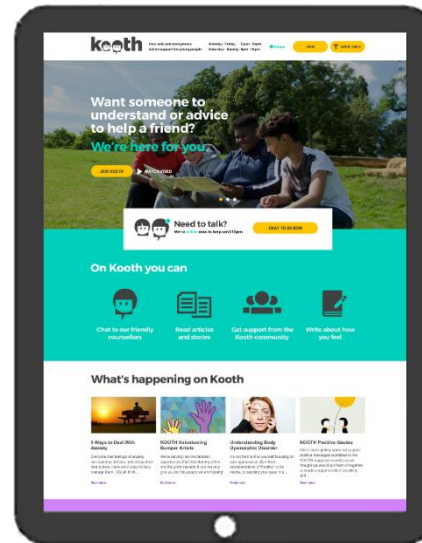
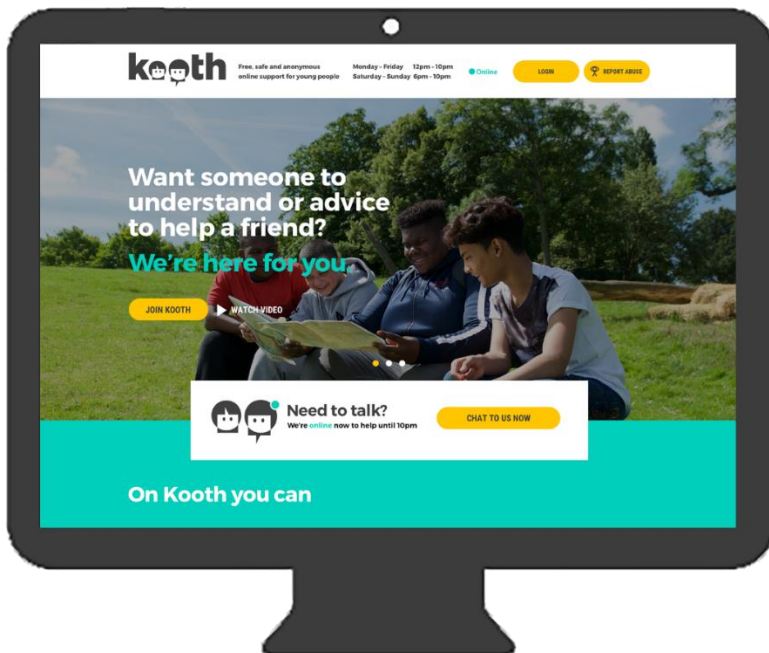
- Stress
- Family issues
- Anxiety
- Relationship problems
- Depression
- Eating disorders
- Bullying
- Self harm
- Loneliness
- Feeling isolated
- Just having a bad day...



How do I get help....

The Kooth logo features the word "kooth" in a lowercase, sans-serif font. The letter "o" is replaced by a stylized speech bubble icon containing a person's head and shoulders.

- Log on to **www.kooth.com** on any internet enabled device
- Click the **'Join Kooth Now'** button
- Complete the Q's to register (no personal info)



Sign up

The place I live is...

Enter the city that you currently live in.

I am...

Choose the one you most identify as.

My ethnicity is...

Knowing your ethnicity helps us understand who uses Kooth.

I was born in the year

I was born in the month

Kooth is only available to a limited age group, that's why we need to know the year you were born.

CONTINUE

Sign Up Process

I would like this username

It's best to use a mix of letters and numbers. Your username needs to be between 6 and 20 characters. No special characters are allowed. Don't use your real name as people will know it's you.

My password will be

Use a mix of upper case letters, lower case letters and numbers of at least 8 characters. Make sure you memorise it because if you lose your password, you will not be able to sign in.

Confirm password

Please retype your password for safety reasons.

Where did you learn about Kooth?

CREATE ACCOUNT

How do I get help....

kooth

- Click **'Live Chat'** to have an anonymous, text based conversation with a counsellor
- Live Chat is open:
 - 12noon – 10pm Mon – Fri
 - 6pm – 10pm Sat & Sun
 - 365 days a year

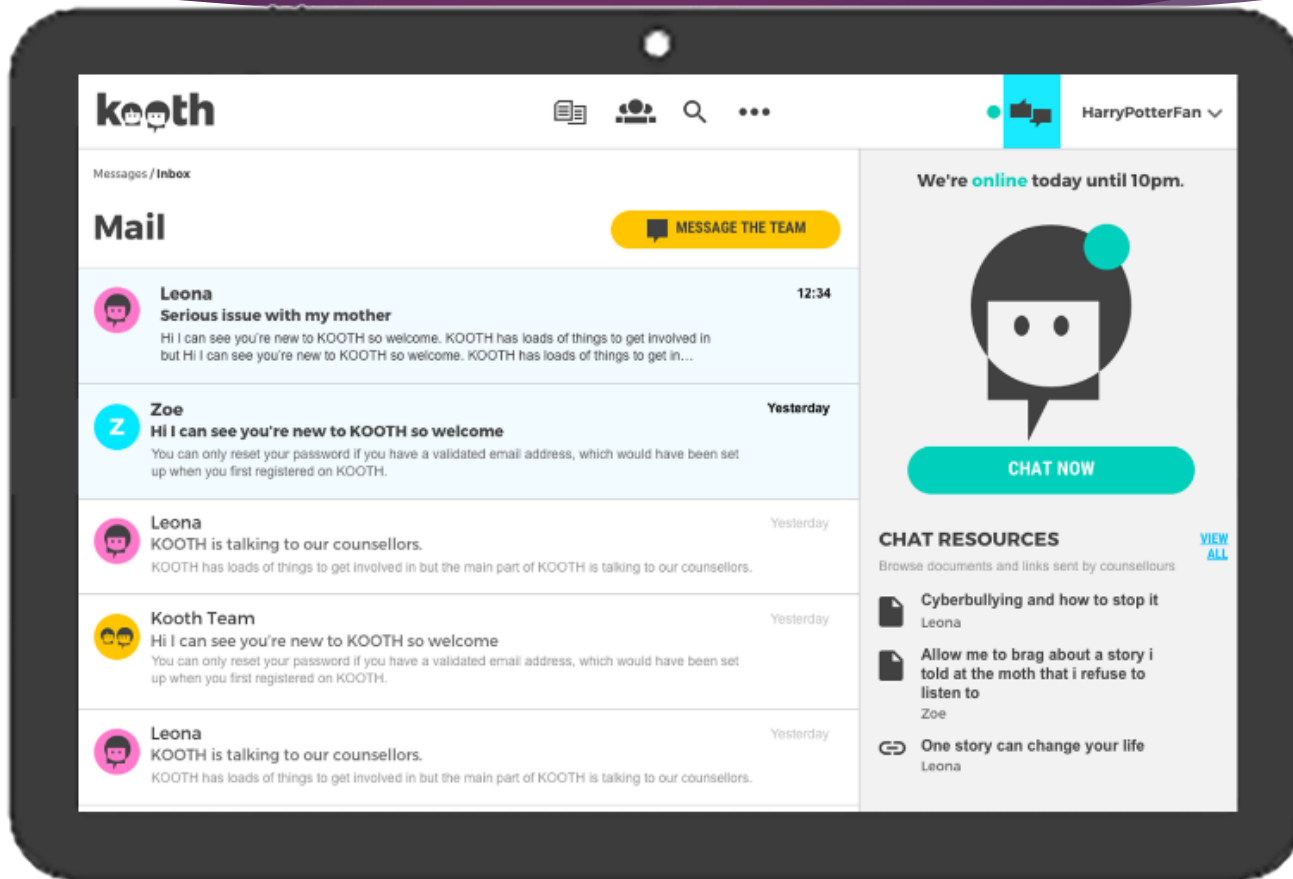
We're **online** today until 10pm.

You can send a message below and we will respond later or if you need urgent help you can contact one of [THESE ORGANISATIONS](#).



CHAT NOW

Online Chat: Press the Green 'Chat Now' button to talk to a counsellor/EWP or send us an email



What ELSE can I do on the website....



- Message us
- Post a Q on our moderated forums or write a message of support on someone else's post
- Read the self-help articles
- Write an article for the magazine



5 Ways to Deal With Anxiety

Editor in Anxiety

January 5th 2017, 5:08 pm

5 Ways to Deal With Anxiety Everyone has feelings of anxiety, nervousness, tension, and stress from time to time....

[READ MORE](#)

46 comments



10 feel good tips for your health, performance and...

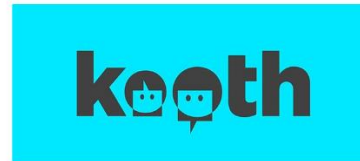
Magazine in Healthy eating

January 9th 2016, 6:02 pm

There are so many feel good tips out there its hard to know what to follow, so, we've picked ten that you can use strai...

[READ MORE](#)

25 comments



What would you do?

Editor in Reading & creative writing

January 22nd 2016, 2:06 pm

BRAND NEW SCENARIO!>>>> Big city frights Unlike the Lady in the picture we can't just look in a crystal ball to see th...

[READ MORE](#)

8 comments

New



Live Forum Archive:
4/12/15- Let's Party

Editor



Live Forum Archive:
4/9/15- Back to School

Editor

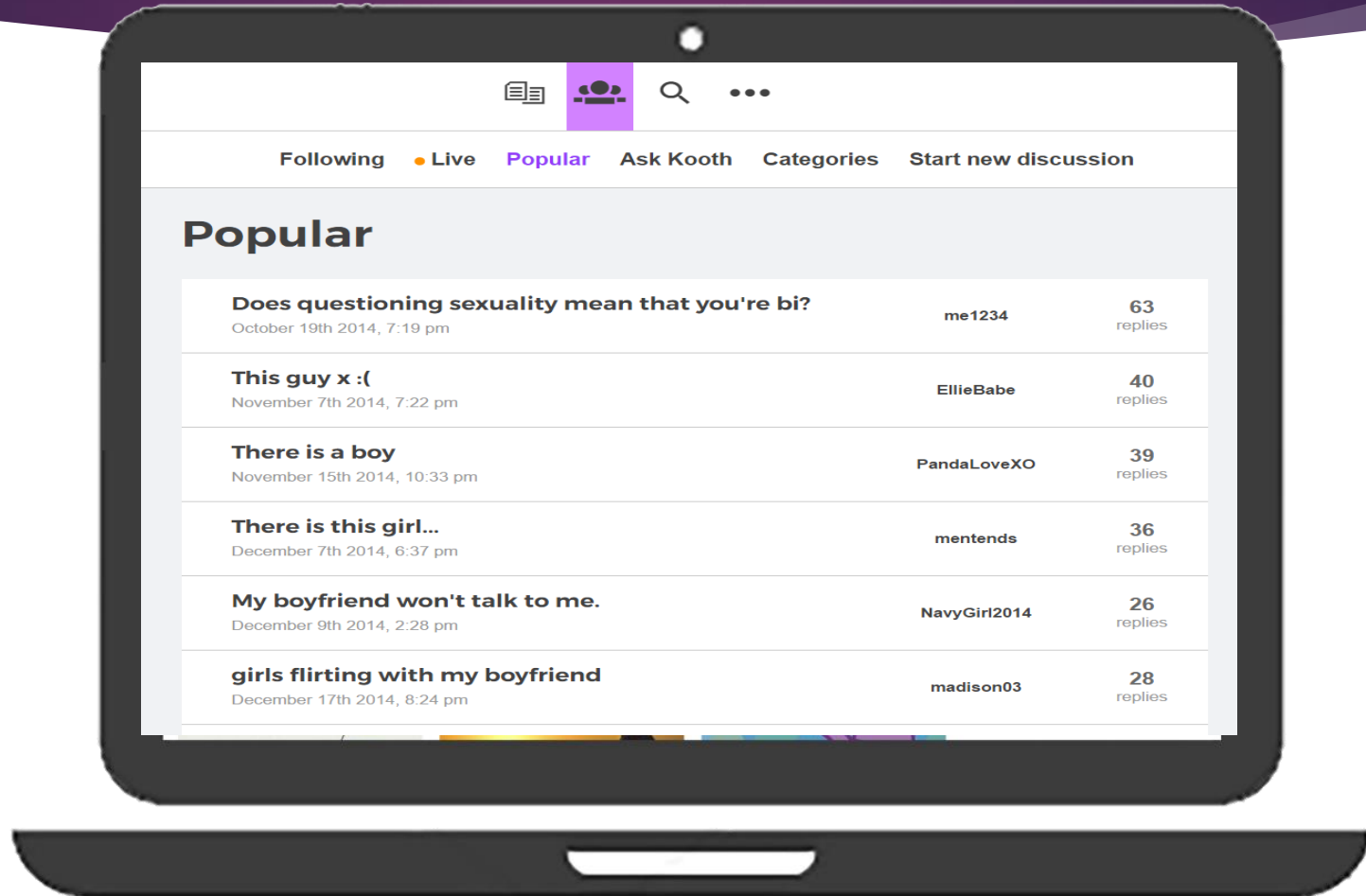


Live Forum Archive:
6/11/15: Dealing with conflict

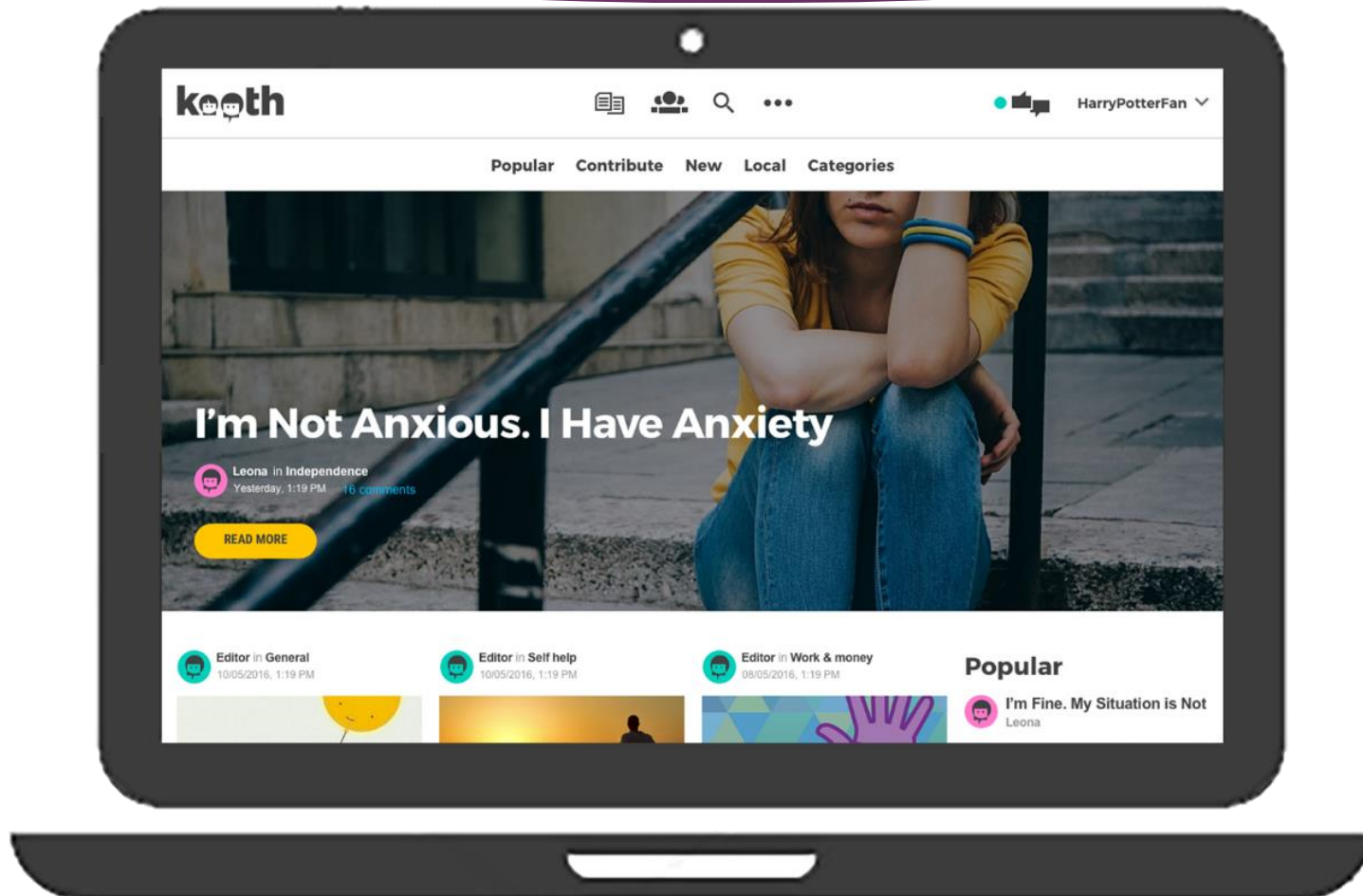
Editor

Local

Forums: Peer Support & Moderated for Safeguarding



Online Magazine: Young People can read and write articles which are published online



Don't suffer in
silence
- talk to
someone

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