

### What is Stress?



Stress is a natural emotional response to the challenges and demands in our lives. People have different ways of reacting to stress, so a situation that feels stressful to one person may be motivating to someone else. Stress is not an illness but can cause illness if not addressed and managed in a healthy way.

### Causes and Impact (not an exhaustive list)

Becoming a parent  
School  
Unemployment  
Relationships  
Bullying

Work  
Debt  
Cost of Living  
Bereavement  
Global Affairs



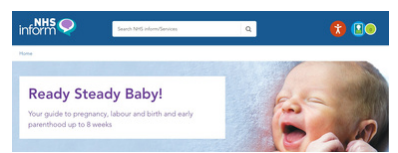
Anxiety  
Mood Swings  
Low self-esteem  
Unhealthy Coping Strategies

Social Withdrawal  
Depression  
Constant Worry  
Feeling Irritable

### Resources

*click on images to download information*

**Ready Steady Baby!** A guide to pregnancy, labour and birth and early parenthood up to 8 weeks. Becoming a parent changes life in lots of ways. It can be a rollercoaster of emotions, perhaps joy, pride and love mixed with anxiety, tearfulness and stress. This resource offers information on how to look after your mental health after giving birth.



**Coping with stress for children and young people.** This resource is for young people, and looks at what stress is, how it feels, what causes it, what you can do about it and where to get further support if you need it.

**Mind to Mind.** If you're feeling anxious, stressed, or low, or having problems sleeping or dealing with grief – find out how you can improve your mental wellbeing by hearing what others have found helpful.



**Understanding and dealing with stress:** Activities helping to recognise and how to deal with feelings of stress.



**Are you feeling stressed?** A downloadable booklet to help you cope better with stress.



Clear, practical advice and support for people experiencing issues with mental health and money.

### Apps

*click on images to download information*

**Sleepio.** An online sleep improvement programme which delivers tailored and engaging advice 24/7.



**Daylight.** Learn proven and techniques to face difficult emotions, and be more present.



### Helplines and Support

**PANDAS.** Offers support for every parent or network affected by perinatal mental illness. WhatsApp Messaging Support Service. Message 07903 508334 and you will be connected to a trained PANDAS volunteer. Available every day from 8am – 10pm via WhatsApp.



**ChildLine.** Free and private service for young people. Online, on the phone, anytime. Call **0800 1111** or visit [www.childline.org.uk](http://www.childline.org.uk)

**Breathing Space.** For anyone in Scotland over the age of 16, feeling low, anxious or depressed. Call free on **0800 83 85 87**. Mon-Thurs 6pm to 2am, Fri 6pm-Mon 6am.



**Samaritans.** Call any time, day or night. Whatever you're going through, you can call any time, from any phone for FREE, **116 123**.

**NHS 24.** Phone **111** if you are feeling distressed, in a state of despair, suicidal, in need of emotional support and asked to be put through to the Mental Health Hub.



**National Debt Line.** Call **0808 808 4000**, Mon- Fri 9am-8pm and Saturday 9:30am - 1pm.

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