

## A way to deal with stress & worry

When there is a lot of uncertainty or we are fearful of an event, such as in the current situation with COVID-19, we can feel stressed and worried. For some people it can be helpful to take this time to think about how we recognise when we are stressed and how we manage this.

**When I am stressed or worried I notice these:**

<b>Thoughts (e.g. I am worried about my health)</b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>	<b>Feelings (e.g. I feel sad, angry, hopeful)</b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>
<b>Behaviours (e.g. comfort eating, spend a lot of time on social media or watching the news)</b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>	<b>Physical sensations (e.g. tense shoulders, headaches, feeling tired)</b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>

When we are stressed or worried we can struggle to think straight. We sometimes need to remind ourselves what we did to help with our stress and worry in the past and what might be worth trying now.

**These are the strategies that help me to manage my stress and worry:**

<b>What I found helpful in the past (e.g. take a bath, reduce my screen time)</b>	<b>What I can try now (e.g. phone my friends &amp; family)</b>

**Some things to remember:**

- Everyone experience stress and worry particularly in challenging & uncertain times
- Talking to people can help
- People cope in different ways but we know best what works for us
- Take a look at our website to jog your memory of what strategies work for you