

> What is it?

Stress is the emotional and physical response we have when we feel overwhelmed and unable to cope with the demands life places on us. When we are stressed we can find it difficult to sleep, have difficulty concentrating, feel irritable, have headaches or other aches and pains and experience problems with appetite and digestion. We are all likely to feel stressed at some point in our lives and a little bit of stress can sometimes be a good thing as it can help to

Links to online resources	Description
NHS Moodzone www.nhs.uk/conditions/stress-anxiety-depression/	Advice on coping with stress, anxiety, fear, anger and panic attacks. Pages include interactive tools, videos and audio guides.
Get Self Help www.getselfhelp.co.uk	A wide range of mental health issues are covered by this site including anxiety, depression, eating disorders and phobias. There is also advice on chronic pain. Site includes an online CBT course and worksheets and video resources.
Living Life To the Full lltlf.com	Free online courses covering low mood, stress and resiliency. Includes resources aimed at people living with long term health conditions and chronic pain.
Good Thinking UK www.good-thinking.uk	Service supported by NHS clinical commissioning groups, London Boroughs, Public Health England and the Mayor of London. Website for people feeling anxious, stressed or who are experiencing low mood. You can take a very brief self-assessment and be directed to further sources of support including local support.
Mind UK www.mind.org.uk	National charity. The Mind website includes a wealth of information for people experiencing a mental health problem. Information on Mindfulness
NHS England » Wellbeing apps	Link to a page of NHS Wellbeing Apps including many designed to help people manage their emotional wellbeing including Chill Panda, Thrive, Beat Panic, I Prevail and My Possible Self.
Support for emotional wellbeing and mental health in Bromley	Information about support services in the borough and links to further information.

Stress busting tips

- **Eat a well balanced diet** – our brains need vitamins, minerals and energy to help us feel at our best.
- **Keep physically active** – evidence shows that exercise can boost our self-esteem and improve our emotional wellbeing.
- **Avoid alcohol, caffeine and nicotine** – alcohol is classed as a ‘strong depressant’ and can lower your mood and excess caffeine and nicotine can contribute to the feelings of anxiety we experience when stressed.
- **Relax** – make sure your find time to do activities that help you relax such as listening to music or having a warm bath. Evidence suggests that techniques such as mindfulness and meditation can help to improve our emotional wellbeing.
- **Connect** – whatever is causing you to feel stress, remember that you don’t have to cope with it alone. Connect with people who can offer you support. That could be friends and family, work colleagues, your HR department or union representative, local peer support groups local organisations like Bromley Well or your GP.

Last reviewed October 2022

To contact Bromley Well call the Single Point of Access on **0808 278 7898** or Lifestyle Support on **07985 444210 / 07399 202313** Email enquiry@bromleywell.org.uk www.bromleywell.org.uk

