

> 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 motivate us. But prolonged periods of stress can be harmful to our physical and emotional wellbeing. We've put together this list of online resources to help you. If your physical and emotional sensations persist, contact your GP.

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.
Living Life To the Full littf.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 Every mind matters www.nhs.uk/oneyou/every-mind-matters/	NHS tips and advice on managing your mental health. Sections on stress, sleep, low mood and anxiety. Includes a self assessment quiz and a personalized action plan.
NHS Approved Apps apps.beta.nhs.uk	Link to a page of NHS approved Apps including many designed to help people manage their emotional wellbeing including Chill Panda, Thrive, Beat Panic, I Prevail and My Possible Self.

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.

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To contact Bromley Well call the Single Point of Access on **0300 3309 039** or Lifestyle Support on **07985 444210 / 07985 433045** Email enquiry@bromleywell.org.uk www.bromleywell.org.uk



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