



How to deal with feeling stressed

Easy Read advice to
help you understand
stress



Easy Read

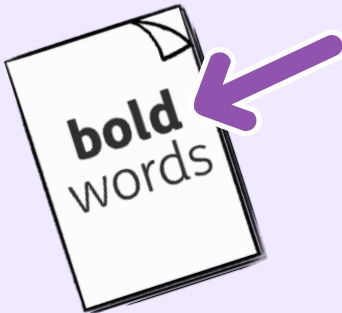


This is an Easy Read version of some information.

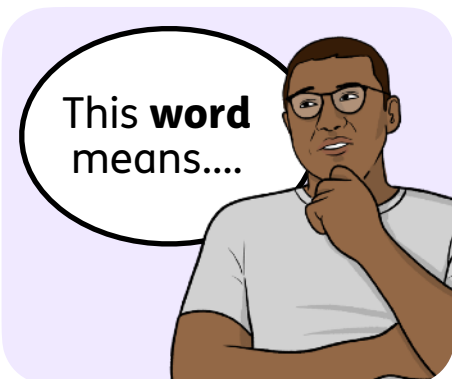
It uses easier words and pictures.



Some people may still want help to read it.



Some words are **bold** to show they are important.



We explain bold words if they are hard to understand.

What is in this booklet

About this booklet	4
What is stress?	5
Stress and your health	10
How to deal with stress	12
Find out more	19



You can fill in a quick survey to say what you think about this Easy Read booklet:

www.easy-read-online.co.uk/easy-read-feedback-survey

About this booklet



Easy Read Online has written this booklet to help you understand **stress** and how to deal with it.



Stress is a feeling you get when things in your life feel hard to deal with.

What is stress?



Stress is a feeling you get when things in your life feel hard to deal with.



You may notice you are stressed because your body, mood or behaviour has changed.

You may:



- Get headaches.



- Feel tired all the time and have trouble sleeping.

You also may:



- Feel worried or anxious.



- Get annoyed with other people easily.



- Find it hard to focus.



- Eat too much to make yourself feel better, or do not eat enough.



You may also stop wanting to spend time with other people.

Why do people feel stressed?

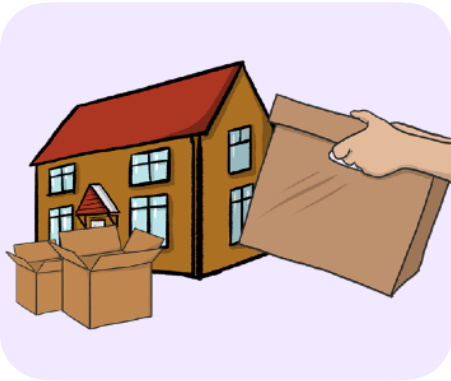


People can feel stressed for lots of different reasons.



For example, you may feel stressed about losing your job or starting a new job.

You may also feel stressed about:



- Moving house.



- Money.



- Having lots of work or homework to do.



- Problems with your health.



Not everybody feels stressed about the same things.



If somebody you know does not feel stressed about the same things as you, that is okay.



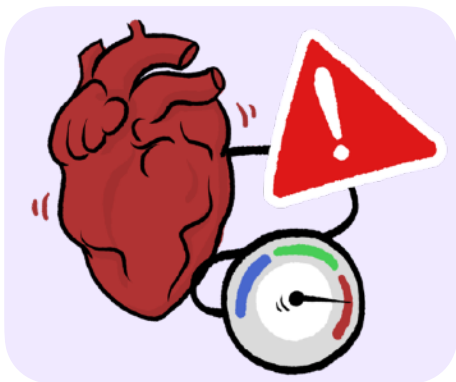
Everyone is different.

Stress and your health



Feeling stressed all the time without dealing with it can cause more serious health problems.

For example, feeling stressed can:



- Cause high blood pressure, which can lead to more serious heart problems.



- Make you eat unhealthy foods to make yourself feel better, which can lead to more serious problems with your weight.

Feeling stressed can also:



- Make you drink more alcohol to make yourself feel better, which can lead to more serious health problems.



- Stop you from sleeping well, which can lead to you getting ill more often.

How to deal with stress



Everyone will feel stressed at some point in their life.

This is normal.

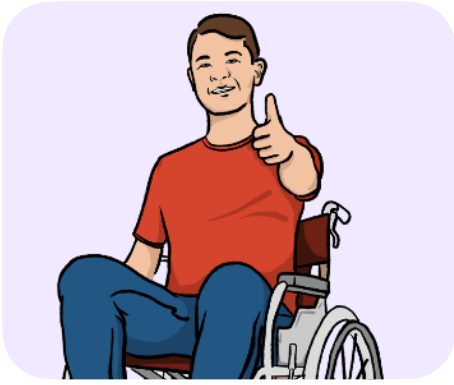


But it is important to know how to deal with stress, so that it does not carry on or get worse.

Being ready for stress

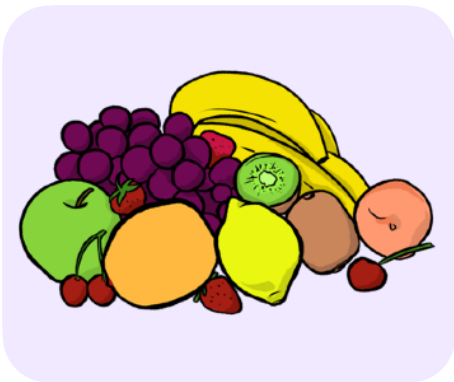


A great way of dealing with stress is by already having healthy habits.



This means that when you do feel stressed, you already have lots of things in place that can help you.

Some healthy habits you can start include:



- Eating healthy.



- Doing any kind of exercise or movement that you enjoy.



- Cutting back on any unhealthy habits, like smoking or drinking alcohol.

Some more healthy habits you can start include:



- Spending time with friends and family.



- Helping out other people in your local area.



- Learning to think positively about things.

Dealing with stress in the moment

When you do feel stressed, you can:



- Talk to people you trust about how you are feeling.



- Take some time to do something you enjoy and not think about your worries.

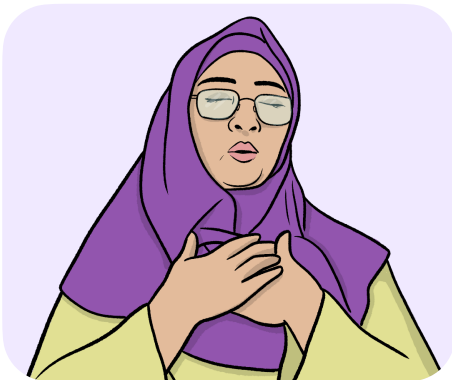


- Write down how you are feeling.

When you feel stressed, you can also:



- Write a plan for how you would like to deal with the things that are causing you stress.



- Take some deep breaths and try a relaxing exercise, like yoga or going for a gentle walk.



- Try to deal with any problems one at a time, so you are not thinking about them all at once.
Start with the most important ones first.

Extra support

If you have been feeling stressed for a long time and feel like you need support to know what to do, you can talk to:



- A family member.



- Your carer, if you have one.

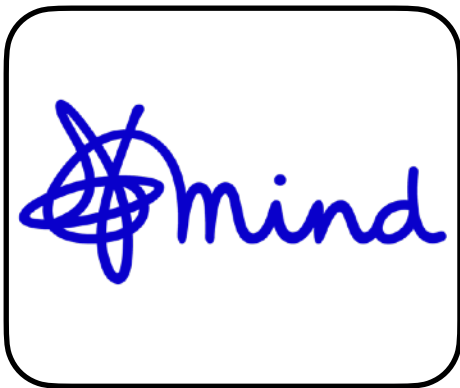


- Your doctor.

Here is a list of organisations that can support you if you are feeling stressed:



- Anxiety UK:
www.anxietyuk.org.uk/



- Mind:
www.mind.org.uk



- Rethink:
www.rethink.org



- Samaritans:
www.samaritans.org

Find out more

We found information for this booklet on these website pages:



- www.selfhelp.cntw.nhs.uk/easy-read/stress-easy-read-information
- www.easyhealth.org.uk/resources/category/144-stress
- www.publichealth.hscni.net/sites/default/files/steps_for_stress_leaflet_nov_2016_final.pdf



The website pages offer more ideas for dealing with stress.

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