

ANXIETY

SELF HARM

ANGER

LOW MOOD

STRESS

# STRESS

## What is it?

Where you feel under pressure and like you can't cope or manage. A build-up of negative emotion that you can't get rid of.

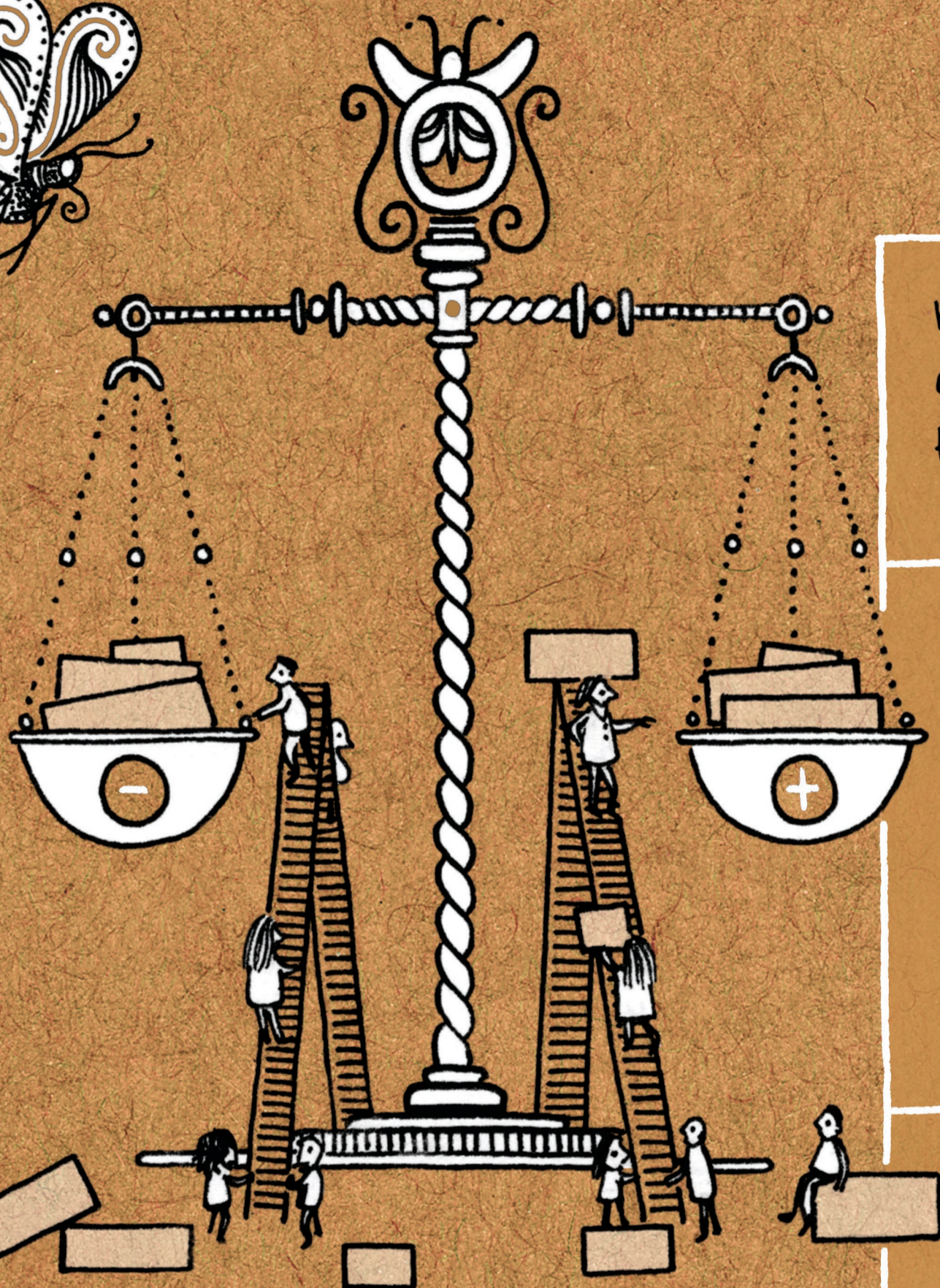
## What does it look like?

Finding it hard to concentrate.  
 Clenching of fists and jaw.  
 Twitching. Chest pains.  
 Butterflies in your belly.  
 Pains in arms and legs.  
 Feeling cold. Skin rashes.

## How to deal with it?

- Learn to remove yourself from stressful situations and take time out.

- Learn to understand the times when you are most likely to get stressed and find a suitable distraction.
- Talk to someone about your stress problems.
- Get into a good sleeping routine, sleep warm and comfortable.
- Plan your day.
- Keep yourself busy; read, draw, colour and relax.
- Get regular exercise.
- If things don't improve, contact your GP.



W<sup>TM</sup>