



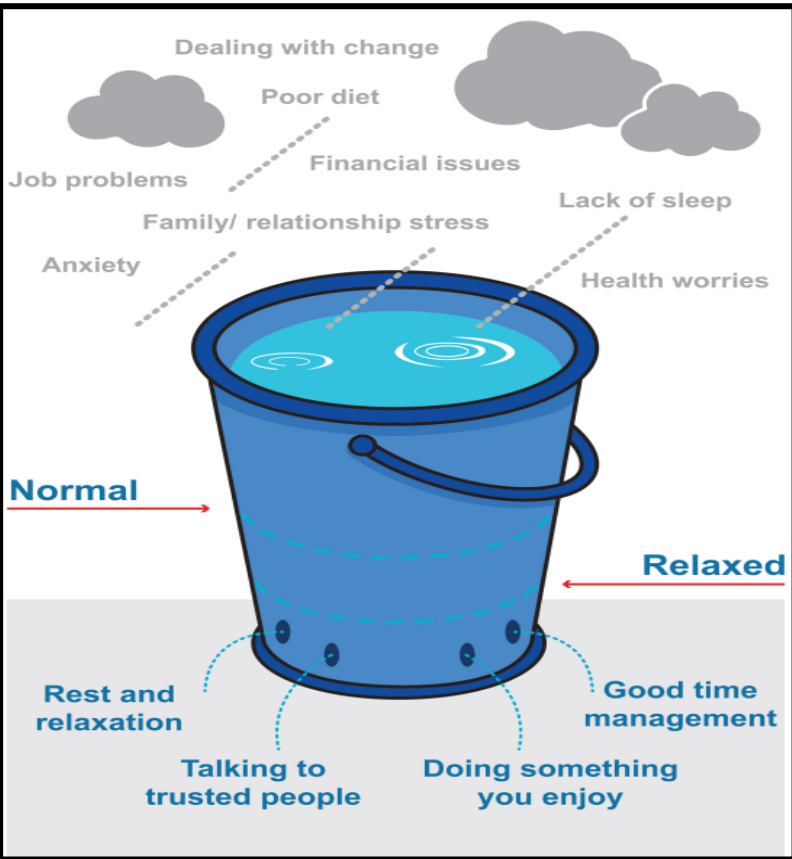
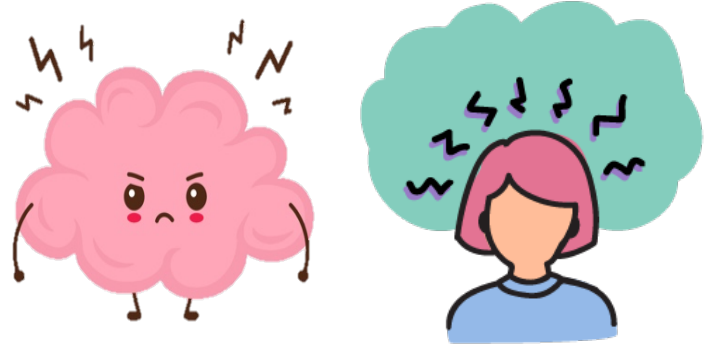
National Stress Awareness



ETONE COLLEGE

WHAT IS STRESS?

Stress is defined as the body's reaction to feeling threatened or under pressure. It is a very common feeling to have that everyone will experience through their life. Sometimes stress can motivate us to get tasks done and be productive. However sometimes stress can cause us to experience feelings that make us overwhelmed or unable to cope with mental or emotional pressure. It can cause physical, emotional and psychological strain. If you are constantly under stress, you can have physical symptoms, such as headaches, an upset stomach, high blood pressure, chest pain and even trouble sleeping.



THE STRESS BUCKET

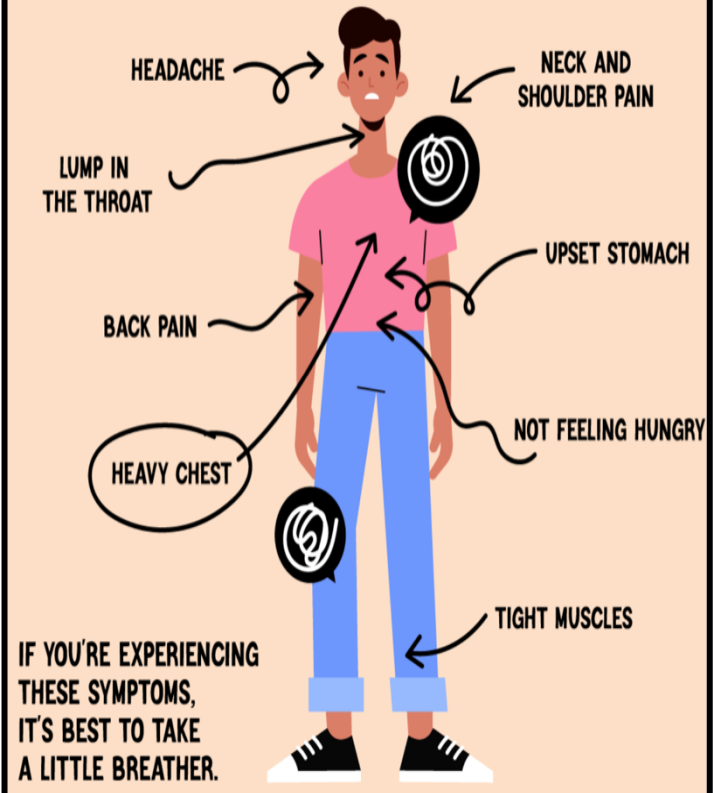
The stress bucket was created to help people measure their stress tolerance. It works by imagining you have a bucket you carry around with you which gradually fills up when you experience different types of stress. If you are experiencing a high amount of stress, the bucket will soon fill-up. If you do not do anything to relieve the stress then the bucket fills up and overflows – this is where you experience things like sleeplessness, anger, snapping, crying and anxiousness.

To stop this happening, you should try to relieve your stress on a regular basis – small simple and often.

WHAT ARE THE SIGNS OF STRESS?

Physical	Mental	Behaviour
Headaches	Worry about past or future	Crying
Sweating	Not concentrating	Eating more or less
Stomach problems	Racing thoughts	Avoiding others
Muscle tension or pain	Going over and over things in your mind	Sleep problems
Feeling tired or dizzy	Making mistakes	Rushing tasks
Fast heartbeat	Feeling low	Irritability
Dry mouth	Being forgetful	Not focussing
Shortness of breath	Feeling irritable	Snapping at people

HERE ARE SOME PHYSICAL SIGNS OF STRESS



WHAT CAUSES STRESS?

Small issues can cause stress if they go on for a long time. Some people are more affected by stress than others. Look at the list below which outlines some causes of stress.

- Not sleeping well
- Worrying about work
- Being bullied
- Health issues
- Family/ friendship or relationship problems.
- Lack of routine
- Falling behind on school work
- Exam pressure and worry

Certain events may cause increase levels of stress and worry such as interviews, exams, sudden illness or bereavement. It is important to remember that these stresses may alter at different times.

HOW WE CAN OVERCOME STRESS?



SUPPORT FOR STRESS

In school, if you are feeling stressed or overwhelmed speak to a teacher, form tutor, Head of House or the Designated Safeguarding Lead - Mrs R Price. In addition, please see the websites below for online support.

NHS – www.nhs.uk/oneyou/every-mind-matters/

Stress Management Society – www.stress.org.uk

Mind – www.mind.org.uk

There are things that you can do to help reduce your symptoms of stress. You may need to try different things until you find what works for you.

Plan your time – This will help you feel more in control of things. To help you stay organised you can write to-do lists, share tasks with others and do not put off tasks you need to do.

Talk to someone – Tell a trusted person about things that are overwhelming you.

Get some exercise – Try new activities to stay active, such as, cycling, walking, running or even doing yoga or home workouts on Youtube!

Practice your breathing exercises/ meditation – Focussing on slowing down your breathing in order to feel more relaxed for several minutes a day or meditation can help to reduce stress.

Get some sleep – Improve your sleep by making sure it is dark where you are sleeping, having a regular bedtime routine and trying to not look at your phone before you sleep.

Eating a balanced diet – Make sure you are staying hydrated during the day, eating a variety of foods including fruits and vegetables.

SMALL ACTIONS, BIG IMPACT

#BeTheChange

www.stress.org.uk



healthinmind

NHS



Stress Awareness Month 30-DAY CHALLENGE

It's fair to say that the past 12 months have been more demanding than most of us would have imagined. A recent study by the Stress Management Society found that 65% of people have felt more stressed since the pandemic began. Even before Covid-19, modern life had created an epidemic of anxiety, with high stress levels damaging the health of millions. To mark the start of Stress Awareness Month, we're joining in with the Stress Management Society's 30-day challenge. Below, we've given you 30 tips to get you started: each day, simply pick a stress-busting action to complete from our categories and give your physical, mental and emotional wellbeing a lift. Why 30 days? Because that's how long it takes for an action to become a habit. Our social media details are at the bottom of the page – let us know how you're getting on as the month progresses!

PHYSICAL

- 1 LEAVE YOUR PHONE AT HOME**
Now the weather's turning nicer, go for a long walk ... without your phone! 
- 2 EAT WELL, FEEL WELL**
Find a recipe online for a tasty, healthy meal. Eating well is a great way of reducing stress. 
- 3 PUT THE 'NO' INTO 'NOTIFICATIONS'**
Turn off ALL your phone's notifications for the day. No pings, no FOMO, no distractions. 
- 4 APP-LY YOURSELF**
Download one of the thousands of fitness apps that can help banish stress – from crunches to push-ups to simply counting your daily steps! 
- 5 GO TOTALLY TECH FREE**
Digital detox: organise a tech-free family day. No phones, no consoles, no tablets for 24 hours. 
- 6 STREAM SOME STRESS AWAY**
Find a new workout or yoga routine on YouTube and try it out. Exercise is stress kryptonite! 
- 7 TIME FOR A CUPPA**
Working from home? Take regular screen breaks. Even just five minutes can do the trick! 
- 8 LAUGH YOUR CARES AWAY**
They say laughter is the best medicine. And they're right! Make time to watch a classic TV or movie clip that always makes you giggle. 
- 9 TAKE A BREATH... OR TWO**
FitBits and Apple Watches have built-in breathing exercises to lessen stress. If you don't have wearable tech, YouTube has lots of breathing exercise videos. 
- 10 PUSH THE ENVELOPE!**
Write and post a card or a letter to a loved one. It'll make them feel good too! 

MENTAL

- 1 SOUNDS RELAXING**
Stream some stress-busting audio. Ocean waves, jungle sounds or ambient music are a blissful way of winding down before bed. 
- 2 WELL, FANCY THAT**
Go online and learn something new. Just any random fact that you didn't know this morning! 
- 3 ELIMINATE SOME EMAILS**
Few things scream "mental clutter" louder than an overflowing inbox. Weed out those emails you've actioned that are now just taking up space. 
- 4 BEAT THIS**
Create a feelgood playlist on your phone ... all those tracks that never fail to give you a boost! 
- 5 CLEANSE YOUR SOCIAL MEDIA**
Tidy up your Twitter and streamline your Snapchat. Unfollow accounts, leave groups, hide updates – all the stuff you never look at. 
- 6 LET THEM WAIT**
It's OK not to reply to friends' messages immediately. Maintaining a chat when you're already busy can create more stress. 
- 7 GET PRODUCTIVE**
Download an app to boost your productivity and help combat stress. It could be a sleep monitor, a memory training app or a 'to-do' list manager. 
- 8 PEACE IN A POD**
There are some brilliant stress management podcasts out there. Fire up your podcast app and see which ones appeal to you. 
- 9 SPRING CLEAN YOUR PHONE**
De-clutter your phone: notifications, the camera roll, unused apps. Your phone will benefit and so will your brain! 
- 10 HELP YOURSELF**
Apps like SAM (Self-help for Anxiety Management) can help you to understand and manage your stress levels better. 

EMOTIONAL

- 1 FABULOUS FACETIME**
Video call a friend or family member, just to catch up. Or, if you have time, do both! 
- 2 SPREAD SOME GOOD VIBES**
Choose your favourite post of the day from your social feeds and share it. 
- 3 CUTE, CUDDLY AND CALMING**
An old school classic: just google image search "adorable kittens" or "cute puppies", whatever. It literally never fails to make your day better! 
- 4 READY PLAYER ONE**
Gaming is good! The achievement and enjoyment you get from progressing can really lift your mood. Just don't play too long! 
- 5 BRIGHTEN THEIR DAY**
Share some love! Message someone just to tell them that you're thinking of them. 
- 6 U OK HUN?**
Go online and reach out to someone you think might be struggling with stress too. Just talking about it can help both of you. 
- 7 LIKE THIS, LIKE THAT**
Spread some positivity by reacting to your friends' social posts. Sprinkling those hearts and thumbs up will make you feel happier, too. 
- 8 START ON THE FRONT FOOT**
Set an automated reminder about something you were proud of today. Time it to go off within an hour of getting up tomorrow. 
- 9 PIC AND CHOOSE**
Scroll through your phone's camera roll. When you find a pic that makes you smile, share it with whoever else is in it! 
- 10 SHARE SOME LOVE**
Someone you know achieved something special? Go online and publicly congratulate them! 

30-DAY GRATITUDE CHALLENGE

NAME

DATE

Color in a leaf each time you complete one of the daily tasks.



Write down one thing you're grateful for today.



Thank a friend for their help or kindness.



Tell your parent or teacher one thing you appreciate about them.



Think of a positive moment that happened today.



Share a positive aspect about yourself.



Starting with You: Simple Ways to Reduce Stress



Stress is a natural response to pressure, change, and uncertainty. During Stress Awareness Month, we are encouraged to pause, notice how stress shows up for us, and take small steps to reduce its impact.

This is about awareness and action, not perfection.

Go-to-Activities

WHEN STRESS SPIKES

BOX BREATHING

Breathe in for 4
Hold for 4
Breathe out for 4
Hold for 4

Repeat
for
1–2
minutes



GROUND YOURSELF

Name:

5 things you can see
4 things you can feel
3 things you can hear
2 things you can smell
1 thing you can taste

WHEN YOUR BODY FEELS TENSE

PROGRESSIVE MUSCLE RELAXATION (PMR)

Gently tense each area for 3–5 seconds, then release

Hands and arms
Shoulders
Face and jaw
Chest and stomach
Legs and feet



Notice the difference as your body softens

CHANGE YOUR ENVIRONMENT

Step away from
screens for 5 minutes

Take a short walk,
make a cup of tea,
or get fresh air



WHEN YOUR THOUGHTS ARE RACING

Write everything down to
clear your head



Choose one small next step

Do something repetitive like walking or
tidying

DAILY HABITS THAT HELP

- Move your body
- Get consistent, good quality sleep
- Eat regular, nourishing meals
- Connect with someone in a meaningful way
- [Laugh](#) every day

Why This Works

Stress activates the body's threat response. When it stays switched on for too long, it affects focus, energy, sleep, and mood.

These simple actions help signal safety to the nervous system and support recovery. Small, repeatable changes are more effective than big changes that are hard to sustain.

Stress Awareness Month reminds us that change starts with us. When we respond to stress with care, we build resilience and make it easier for others to do the same.

A gentle reminder

You do not need to remove stress from your life.
You just need enough moments of calm to balance it out.

That is how you #BeTheChange.

SMALL ACTIONS, BIG IMPACT

#BeTheChange

www.stress.org.uk



Stress Management Society
From distress to resilience

Reducing Stress Together: #BeTheChange through Connection



Stress often feels heavier when we carry it alone. One of the key messages of Stress Awareness Month is that connection, compassion, and understanding play a powerful role in reducing stress.

Go-to-Ways to Create Connection

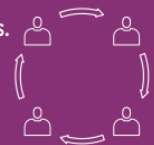
QUICK MOMENTS THAT MATTER

- Send a short "thinking of you" message.
- Say thank you or acknowledge effort.
- Smile or greet someone by name.



AT WORK OR IN GROUPS

- Start meetings with a one-word check-in.
- Normalise short pause or stretch breaks.
- Ask "What would help right now?"



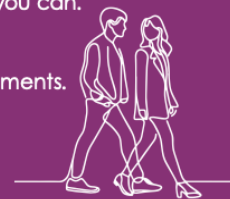
WHEN SOMEONE ELSE IS STRESSED

- Listen without trying to fix.
- Say "That sounds really tough."
- Ask if they want support or just space to talk.



BUILD CONNECTION INTO EVERYDAY LIFE

- Eat lunch with someone when you can.
- Take a short walk together.
- Share honestly, not just achievements.



Why This Works

Human connection is one of the strongest protective factors against stress. Feeling understood, supported, and valued helps the body recover from stress faster and reduces feelings of isolation.

Small moments of connection create a sense of safety and belonging. These moments may seem simple, but they have a powerful impact on wellbeing, trust, and emotional resilience.

Stress Awareness Month highlights that change starts with us. When we choose empathy, kindness, and presence, we influence how stress is experienced by the people around us.

Looking after each other is not an extra task. It is a practical and meaningful way to reduce stress, together.

A gentle reminder

You do not have to have the right words. Showing up matters more.
One small moment of connection can reduce stress more than you realise.
That is how we #BeTheChange together.

SMALL ACTIONS, BIG IMPACT

#BeTheChange

www.stress.org.uk



Stress Management Society
From stress to life stress