

Health and Wellbeing Newsletter

8th April 2019

Managing and reducing stress



April is Stress awareness month. We all know that stress is a factor of life and not all stress is bad. However, not managing daily stresses or stressful situations that occur can negatively affect your wellbeing.

Knowing how to manage stress can help you manage, feel well and thrive.

So here are three steps to take when feeling stressed:

1. Realise when it is causing you a problem



- Try to make the connection between feeling tired or ill and the pressures you are faced with
- Look out for physical warnings such as tense muscles, over-tiredness, headaches or migraines

2. Identify the causes



- Try to identify the underlying causes
- Sort the possible reasons for your stress into three categories
1) those with a practical solution
2) those that will get better given time and 3) those you can't do anything about
- Try to release the worry of those in the second and third groups and let them go

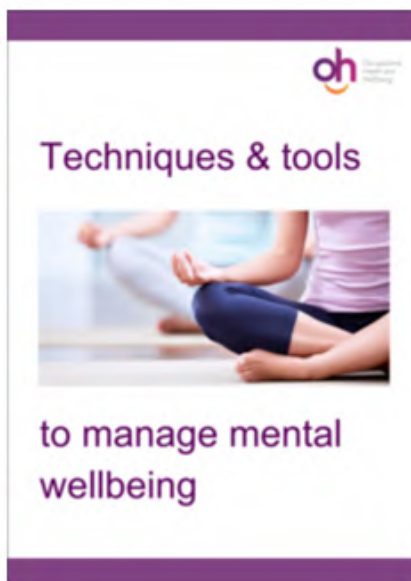
3. Review your lifestyle



- Could you be taking on too much?
- Are there things you are doing which could be handed over to someone else?
- Can you do things in a more leisurely way?
- To act on the answer to these questions, you may need to prioritise things you are trying to achieve and re-organise your life
- This will help to release pressure that can come from trying to do everything at once

Events, courses and campaigns

Techniques and tools to manage mental wellbeing



This free tool guide is full of techniques and exercises to help individuals manage and improve their mental wellbeing. Click the guide to download now.

For more support, tools and resources see: ohwellbeing.com

Mental wellbeing support



There are many sources of support available for staff who need help. If you are unsure what service may be more suitable for your situation, please see our guide which helps you decide what to do next based on the possible sources of support available. To download click the guide.

For more support, tools and resources see: ohwellbeing.com

**New 'Managing Mental Wellbeing in Yourself and Others'
course dates.**



New dates are now available for CUH staff to en-role for free on this mental wellbeing course.

Learn simple, proven techniques to improve how you manage and support others mental health, as well as your own. Everyone in every role is welcome on this course.

To book please visit [DOT](#) and self-enrol.