

Looking after your Wellbeing during times of Stress and Anxiety

Anxiety is a normal and healthy reaction to a stressful situation. Stress affects everyone in different ways. Some stress can be **positive** as it makes students more alert and helps them to perform better. It can also help them deal with tense or challenging situations. **Stress can become distress** when it is not short



What can help reduce stress and anxiety?

Get enough sleep! Turn your phone off earlier than usual.

Talk to friends, family, the Guidance Counsellor, Chaplain or teachers.

Have a healthy diet. What you eat or drink can impact on how you feel.

Keep Active. Exercise will help release tension, which releases serotonin, the “happy hormone” that can improve your mood. So you sleep better.

Practice relaxation.

Avoid taking substances as they will only make anxiety worse.

Focus on today.

Check out for additional support:

www.spunout.ie

www.reachout.com.au

www.youth.ie

www.yourmentalhealth.ie

