



STRESS

Bromley

Well

HEALTH FACT SHEET

Updated July 2024

WHY IS IT IMPORTANT?

Stress is the emotional and physical response we have when we feel overwhelmed and unable to cope with the demands of life. When we are stressed we can find it difficult to sleep, have difficulty concentrating, feel irritable, experience new pains and experience problems with appetite and digestion. We are all likely to feel stressed at some point in our lives and a little bit of stress can sometimes help to motivate us. But prolonged periods of stress can be harmful to our physical and emotional wellbeing. We've put together this list of online resources to help you. If your physical and emotional sensations persist, contact your GP.

<u>NHS moodzone</u>	Advice on coping with stress, anxiety, fear, anger and panic attacks. Pages include interactive tools, videos and audio guides.
<u>Get Self Help</u>	A wide range of mental health issues are covered by this site including anxiety, depression, eating disorders and phobias. There is also advice on chronic pain. Site includes an online CBT course, worksheets and videos.
<u>Living Life to the Full</u>	Free online courses covering low mood, stress and resiliency. Includes resources aimed at people living with long term health conditions and chronic pain.

STRESS BUSTING TIPS

EAT A WELL BALANCED DIET

Our brains need vitamins, minerals and energy to help us feel at our best.

KEEP PHYSICALLY ACTIVE

Evidence shows that exercise can boost our self-esteem and improve our emotional wellbeing.

AVOID ALCOHOL, CAFFEINE AND NICOTINE

Alcohol is classed as a 'strong depressant' and can lower your mood and excess caffeine and nicotine can contribute to the feelings of anxiety we experience when stressed

RELAX

Make sure you find time to do activities that help you relax.. Evidence suggests that techniques such as mindfulness and meditation can help to improve our emotional wellbeing.

CONNECT

Remember that you don't have to cope with it alone. Connect with people who can offer you support. That could be friends and family, work colleagues, your HR department, local peer support groups local organisations like Bromley Well.

**To register with Bromley Well:
Freephone 0808 278 7898
Or register online:
www.bromleywell.org.uk/refer**

**Contact Lifestyle Support direct
07985 431484 / 07985 444210
or email
enquiry@bromleywell.org.uk**



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FURTHER RESOURCES

There are still more resources below. We've put together this list of online resources to help you. If your physical and emotional sensations persist, contact your GP.

<u>Good Thinking UK</u>	Service supported by NHS clinical commissioning groups, London Boroughs, Public Health England and the Mayor of London. Website for people feeling anxious, stressed or who are experiencing low mood. You can take a brief self-assessment and be directed to further sources of support.
<u>Mind UK</u>	National charity. The Mind website includes a wealth of information for people experiencing a mental health problem. Information on <u>Mindfulness</u>
<u>NHS Wellbeing Apps</u>	Link to a page of NHS Wellbeing Apps including many designed to help people manage their emotional wellbeing including Chill Panda, Thrive, Beat Panic, I Prevail and My Possible Self.
<u>Bromley Mental Health and Wellbeing Support</u>	Information about support services in the borough and links to further information.

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