

# Stress

**Stress is the body's natural, healthy reaction that helps us tackle challenging situations in life. Stress is simply the release of adrenaline which gives us extra energy. Too little stress can lead to boredom; too much can cause us to burn out. The art of stress management is in balancing the two.**

## What can stress feel like?

- A racing heartbeat
- Increased sweating
- Rapid breathing
- Increased tension and irritability
- Inability to make decisions
- Inability to sleep
- Heightened insecurity

## What causes stress?

Everyone has different stress triggers. Sometimes these can be manageable. However, they can easily add up with other triggers and get out of control. Factors include:

- Being unhappy in your job/studies
- Self-expectations
- Life events
- Financial matters
- Childhood events
- Emotional problems (depression, anxiety, anger, grief, low self-esteem)
- Experiencing trauma (theft, rape, violence)

## What we offer

- Togetherall – online support network
- Same day appointments (email to book)
- Bookable appointments (email to book)
- Counselling
- Workshops and Groups programme

## What can you do to help yourself?

**Look after yourself.** Eat well! A wholesome, balanced diet can help nourish your body. Rest! Do nothing, take a yoga class, spend time with friends, treat yourself to something special. Get active! Physical activity releases endorphins which boost your wellbeing.

**Try to recognise your negative thoughts.** The key to success is to think positively. Learn to be aware of your own preferred level of stress and respect it.

**Confront the problem.** Break it down into manageable parts. Talk it through with someone else and brainstorm solutions. Avoidance won't help the problem to go away and can often make it worse.

**Have fun!** One of life's best de-stressors is laughter. It's not easy when you're feeling stressed, but seeing friends or watching your favourite comedy can help you unwind.

**Seek support.** Ask for help, either from a trusted friend or family member. Book an appointment with a Wellbeing Adviser to talk through how you are feeling and explore options to help you move forward. Counselling may also help you resolve your situation.

**Visit your GP.** There are a wide range of treatments for stress. Your GP will be able to through the options to find the most suitable treatment for you.

## Get help

**Self-help:** [hud.ac/k4o](http://hud.ac/k4o)

**In person:** Wellbeing and Disability Services, Level 4, Student Central.

**Email:** [studentwellbeing@hud.ac.uk](mailto:studentwellbeing@hud.ac.uk) **Tel:** 01484 471001 **Web:** [hud.ac/wellbeing](http://hud.ac/wellbeing)