What is Stress?

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Stress is the feeling you get if you're doing too much or thinking negatively about things.

It can make you feel low, cross, or anxious. You might even notice not wanting to eat, feeling struggling with sleep.



But you can manage how you're feeling and help to get your stress under control with a few simple steps!

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Get creative!

When you're stressed, you can sometimes be carrying around loads of pressure and negative thoughts. Getting creative lets those feelings out so you can feel better.

Planning and preparing

Sometimes problems can seem too much to deal with so we worry more. This can make the problem seem even bigger and like it's harder to solve.

It helps to break big problems down into smaller ones. This makes it easier to think of ways to solve them.

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Relaxing can help relieve stress!

Relaxation means doing something safe and enjoyable which helps you feel calm. Relaxing activities can help you feel more focussed and able to deal with stress and worries.

Get active and spend time outside!

No matter your ability level, getting active can help manage stress. Doing something physical burns away the stress hormone cortisol and releases natural feel-good chemicals into our bodies. These chemicals can help us cope with difficult feelings.

The best exercise is that which you enjoy. You don't have to be sporty or competitive. You could try walking, swimming, skipping or skateboarding. It's ok if you can't get outside too. You could try yoga or dancing.