




Tools to manage stress and anxious feelings

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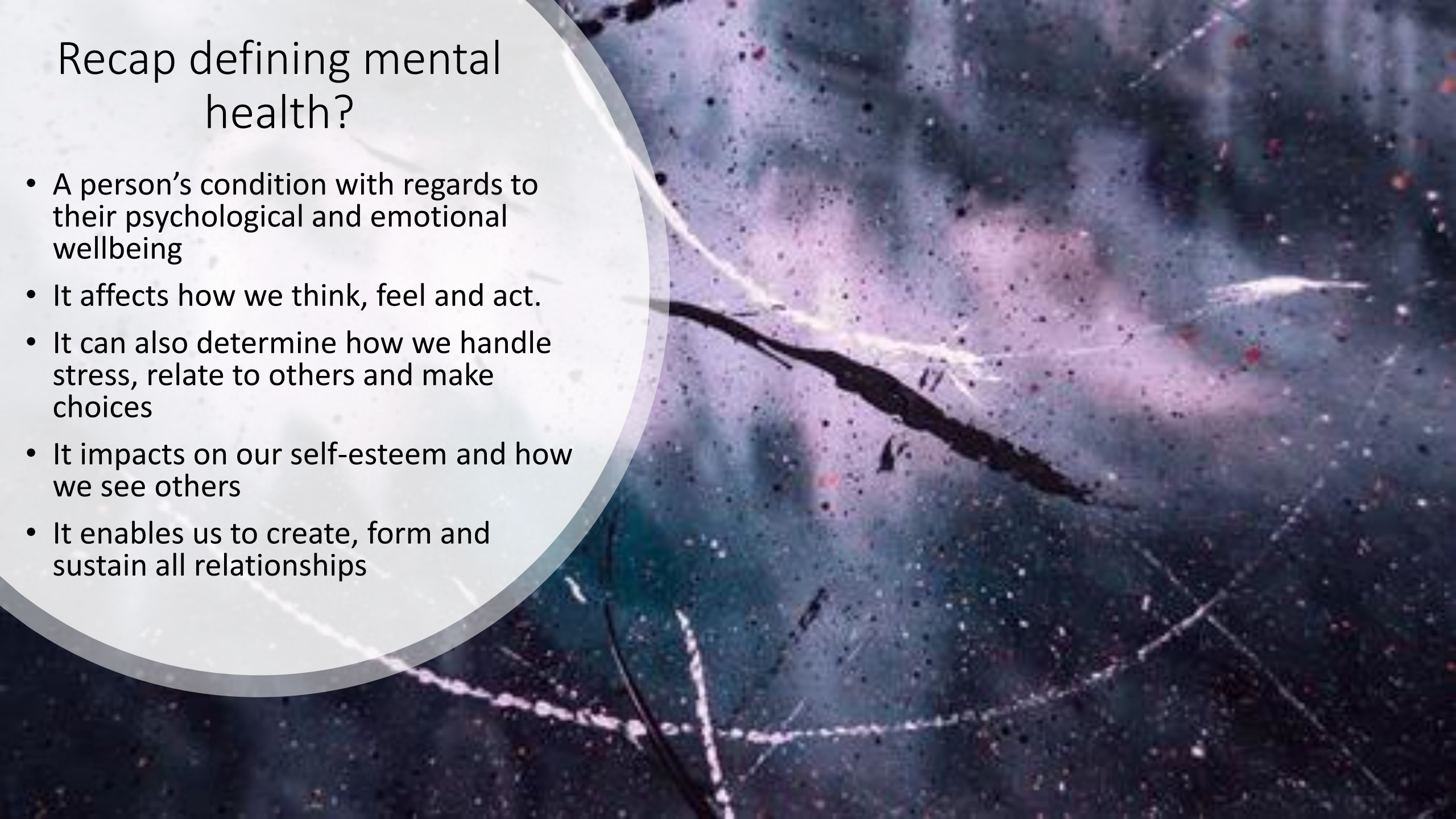
A vintage Remington typewriter is the central focus, surrounded by several green plants in white pots. A white mug is visible on the right side. The background is a soft, out-of-focus white. A large, semi-transparent white circle is overlaid on the left side of the image, containing the text for the session.

Today's session

- How to define stress and how to recognise it in yourself
- The difference between stress and anxiety
- Tools and ways to manage stress on a daily basis
- Where to go when it all feels too much.

Recap defining mental health?

- A person's condition with regards to their psychological and emotional wellbeing
- It affects how we think, feel and act.
- It can also determine how we handle stress, relate to others and make choices
- It impacts on our self-esteem and how we see others
- It enables us to create, form and sustain all relationships



A man's face is the central focus, completely obscured by a dense array of yellow sticky notes. The notes are scattered across his forehead, eyes, nose, mouth, and cheeks. Some notes contain simple drawings like a house or a clock, while others have handwritten text. The background is a light-colored wall also covered with more sticky notes. The overall image conveys a sense of mental clutter and constant reminders.

Do you think stress is a
mental health problem?

Stop!

?

Work
out



WORK

BREATH

WAIT
A Minute



TAKE
A BREAK



AY
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Descans

OFF
LINE

zzzz

STOP!

EAT

Chill

Don't

SLEEP

overthink

WORK

NETIA

What is stress?

- Stress is the physiological and emotional response to a situation of excessive or overwhelming pressure, usually over a period of time.
- It is seldom a single life event which causes high levels of stress
- It is a mixture of work, personal circumstances, commitments and other factors that contribute to how well or stressed we feel.

Stress and Mental-III Health



- Stress is a state of mental or emotional strain or tension resulting from demanding circumstances.
- Stress is a normal physical response to events that make you feel threatened, or upset your balance in some way
- In small doses, stress can help you perform under pressure and motivate you to do your best.
- It can be a mixture of work, personal circumstances, commitments and other factors that contribute to how well or stressed we feel.

Where do you *feel* stress?

We will have feel stress
in different ways-
where do you feel
stress in your body?



Mood issues including anger, depression, irritability. Lack of energy, concentration problems, sleeping issues, headaches. Mental issues including anxiety disorders and panic attacks.



Increased blood pressure, heart rate, higher cholesterol and risk of heart attack.



In the immune system there is reduced ability to fight and recover from illness.



Stomach cramps, reflux and nausea .



Loss of libido, lower sperm production for men and increased period pain for women.



Aches and pains in the joints and muscle.



Lower bone density.

Key signs you may feel and see in others

There will be aspects that are trickier to spot in an online environment. The key thing is any kind of change in behaviour.

EMOTIONAL SYMPTOMS:

- Low mood
- Feeling overwhelmed
- Socially withdrawn
- Hopelessness and helplessness
- Moodiness, anger or irritability

BEHAVIORAL SYMPTOMS:

- Increase or loss of appetite
- Sleeping too much or too little
- Procrastination
- Increasingly using alcohol, cigarettes or drugs to relax
- Ignoring health and safety
- Always switching off cameras in a video call
- Not wanting to speak on the phone

Key signs you may feel and see in others

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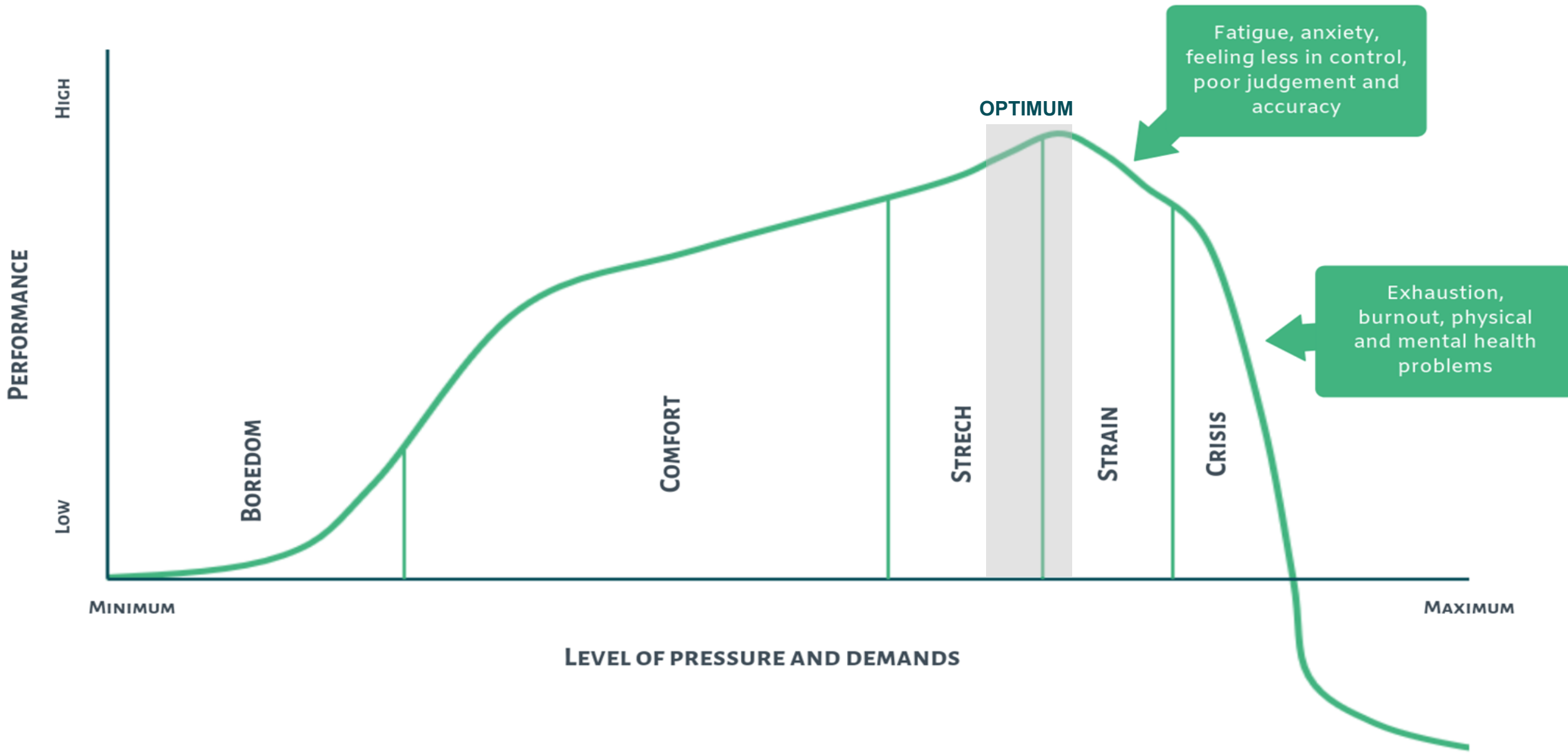
COGNITIVE SYMPTOMS:

- Impaired memory
- Poor concentration
- Poor judgment
- Anxious thoughts
- Racing mind
- Work not being completed on time

POSSIBLE THOUGHTS:

- Worthlessness
- Helplessness
- Hopelessness
- Guilt
- Shame
- Embarrassment

Performance Pressure Curve



Stress Bucket an example

- Based on the work of Brabban and Tukington (2002)
- Useful to consider triggers and actions
- Let's look at this together

Stress flows into the bucket
Resilience can increase the size of the stress bucket



The tap lets the stress out in two ways:

- Helpful coping strategies
- Unhelpful coping strategies

Unhelpful coping strategies recycle the stress adding to the stress load.

Causes of Stress

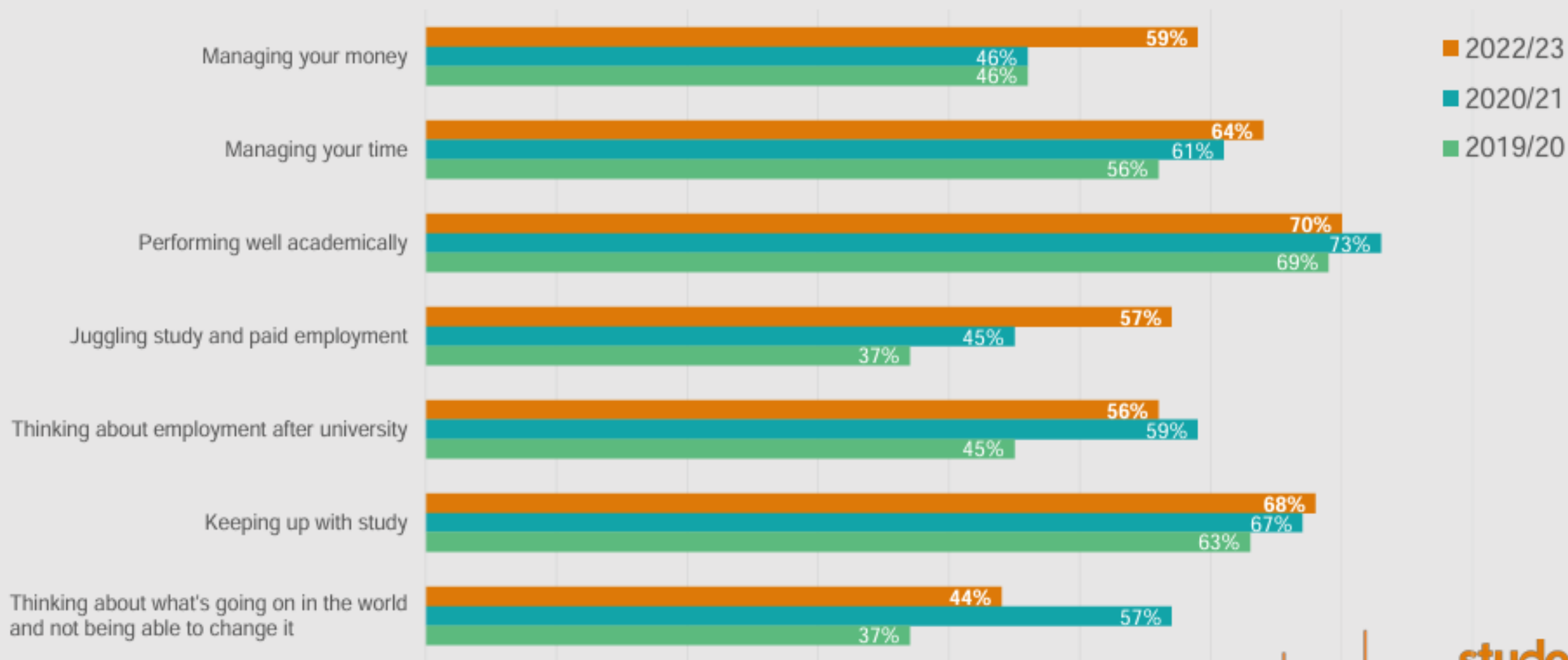
How often do the following cause you stress while at university? (% who said 'all of the time' or 'often') The most common causes of stress in 2022/23:

1. Performing well in coursework, exams and assessments
2. Keeping up with study
3. Managing time
4. Managing money
5. Juggling study and paid employment

Source:https://www.studentminds.org.uk/uploads/3/7/8/4/3784584/student_minds_insight_briefing_feb23.pdf

Causes of stress

How often do the following cause you stress while at university? (% who said 'all of the time' or 'often')



Student Stats and Stress

Student Minds Survey from 2022

- 59% of students surveyed said that managing money was a cause of stress 'often' or 'all of the time' - an increase of thirteen percentage points compared to 2020/21.
- 83% of students surveyed were either 'very' or 'quite' concerned about the current cost of living crisis and 41% said this was having a negative impact on their wellbeing.
- • 1 in 4 students surveyed would not know where to go to get mental health support at university if they needed it.

Source:https://www.studentminds.org.uk/uploads/3/7/8/4/3784584/student_minds_insight_briefing_feb23.pdf

PhD Students and Mental Health

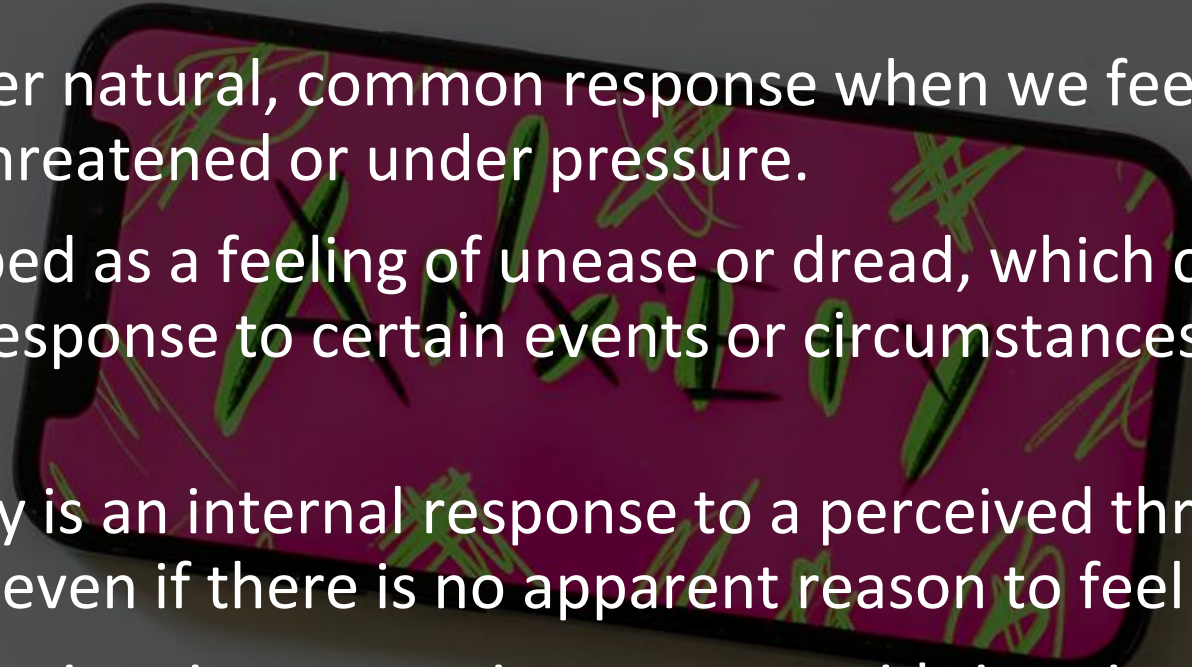
- Findings on postgraduate research students' wellbeing during the pandemic showed that 28% of students are in good mental health wellbeing
- The only global survey of PhD students' mental health by Evans et al. showed that 39% of PhD students report moderate-to-severe depression, significantly more than the general population.
- 63.9% of PhD students cited debt or financial issues as a cause for poor wellbeing and cited financial constraints as the major barrier to improving their wellness

Source:

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0291555#pone.0291555.ref018>
Year2023

The Difference between Stress and Anxiety?

- Anxiety is another natural, common response when we feel overwhelmed, threatened or under pressure.
- It's often described as a feeling of unease or dread, which can happen in anticipation or response to certain events or circumstances, such as social situations.
- However, anxiety is an internal response to a perceived threat, and we can feel anxious even if there is no apparent reason to feel this way.
- When anxiety persists, it can convince us to avoid situations, impact our relationships and interfere with our day-to-day routines.

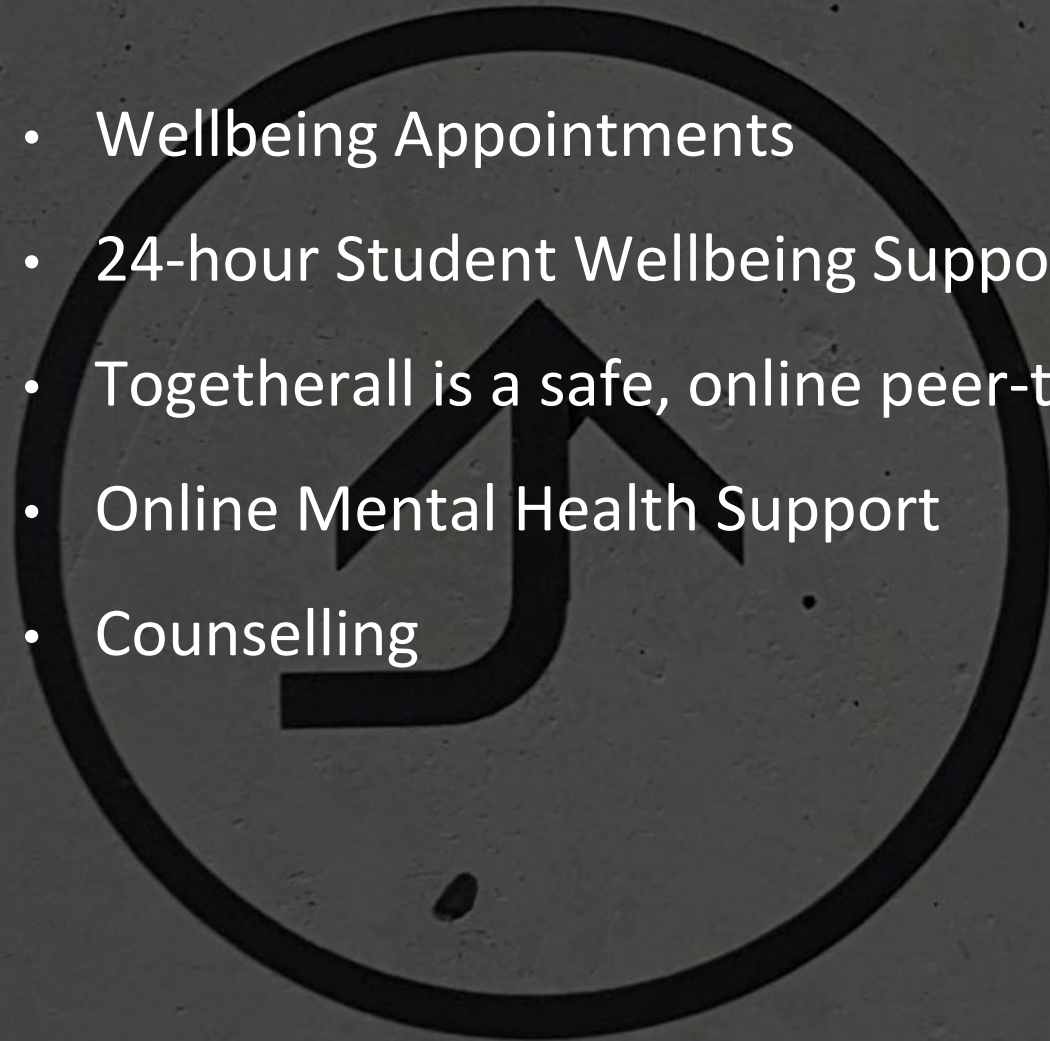


Anxiety and Mental-III Health

- Severe anxiety is a mental illness that can develop into one or more of several anxiety disorders:
- **Generalised Anxiety Disorder (GAD)** This is a chronic sense of worry about everyday life.
- **Social Anxiety Disorder** People with social anxiety disorder may isolate themselves out of fear, or experience panic attacks when thinking about social interaction.
- **Panic Disorder** Repeated sudden feelings of terror and panic attacks. These cause physical symptoms like heart palpitations, dizziness, chest pain and shortness of breath.

Internal Referral Points

- Wellbeing Appointments
- 24-hour Student Wellbeing Support Line 0800 028 3766
- Togetherall is a safe, online peer-to-peer mental health community
- Online Mental Health Support
- Counselling



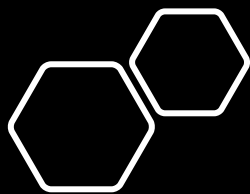
External Referral Points

- GPs
- Self-referral via iAPT
- Local Mind centres
- Specific charities –online, over the phone and face-to-face
- Private counsellors (Registered)
- Hub for Hope
- Complimentary therapies (Acupuncture, Yoga Massage etc)
- Mind over Mood by Greenberger and Padesky
- Guide to Mindfulness by Dr Mark Williams



Action

- How will you know when your stress bucket is starting to fill up?
- Who can you check-in with when your stress levels start to rise?
- One action you are committed to take after this webinar?



Thank you for participating

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