

Dr Rahda's Student Stress Guide

Top Tips for Stress

National Careers Week

NCW

Headline Partner:



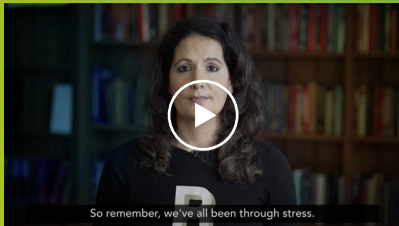
National Careers Week



Top Tips for Stress

It's really important to realise that feeling stressed is a normal feeling. However, when stress gets overwhelming or starts to affect your wellbeing then it's important to recognise that you need to tell an adult you trust and get some support.

Try to learn the following techniques and follow my tips to help yourself to deal with stress.



Watch the film →

01. Learn to be kind to yourself. Self-care and compassion are vital skills.

You can't deal with stress if you're not kind to yourself. You're probably really good at being kind to other people and giving them advice and looking after them, but you probably haven't learnt to care for yourself so much.

02. Make the time to speak to yourself kindly.

Think in kind ways about yourself, and *say positive statements to yourself*. Your confidence and self-esteem will shoot through the roof. Try to pay yourself a compliment and practice doing this. Maybe ask a friend to pay you a compliment if you are not familiar with doing this, to help you get started.

03. Learn how to recognise the signs of stress in you.

My next tip is to learn how to recognise the signs of stress in you, and then try to work out what might be the causes. Sit down, talk to someone you trust and write down all the possible causes.

Once you have done that you then need to work out a practical plan and practical solution about how you can solve some of those stresses. What could you actually do? Who can you ask for help? What can you do to reduce it? There's always a solution and there's always action you can take. *Remember to speak to people you trust to support this.*

04. Remember to sleep properly, exercise, eat well and look after yourself.

My next tip for stress is to remember to sleep properly, exercise, eat well and look after yourself. This may sound like really boring advice but it's really important. Without these basic things that show you care about yourself you're not going to be able to deal with stress when it comes.

05. Breathing techniques are really helpful.

Slow breathing helps you reduce your stress and helps you relax as well.

06. Make sure you're getting out, that you're socialising and you're taking a break from your work.

It's only with a clear mind and when you've had a break that you can actually deal with those stressful times when they happen.

07. Make sure that if you're feeling stressed that you tell someone you trust.

For example your parent, your carer, your teacher, or your doctor.

08. Speak to your friends so that talking about stress becomes normal.

Further Information, Support and Resources

Mind

If you're going through a difficult time or are struggling with how you're feeling, it can be really scary and upsetting. Mind exists to help you understand you're not alone and to help you find the support you deserve.

Find out more →

Young Minds

Young Minds exists to improve the emotional wellbeing and mental health of children and young people. The Young Minds website includes some useful stress busting relaxation techniques that might help you.

Find out more →

Childline

Childline provides support and advice for children and young people, online, on the phone, anytime. They have really useful stress advice and resources. The telephone service is always available for you.

Find out more →

National Careers Week

NCW