

## April 2023 - Stress Awareness Month

Lots is written about well-being and self-care – but it all feels harder when you're feeling stressed out. It's important to remember that stressful feelings can change.

Here are some practical activities that other young people think really do help:

- ✓ **Try to have a shower or a wash and get dressed each morning:**
  - This sounds easy but taking care of the basics can be difficult when you feel stressed. Small things can make a big difference.
- ✓ **Set times for activities like listening to music and watching television:**
  - Making time to do activities you really enjoy can help distract you from stress.
- ✓ **Be kind to yourself:**
  - Try to do things you want to do and not just things you need to do. Reward yourself for your achievements however small.
- ✓ **Plan to go outside:**
  - Research shows that being outdoors can help disrupt the cycle of negative thoughts and feelings around stress.

Often young people are told to speak to someone when they feel stressed. At Shine we recognise that this not always easy, but getting help is good and no-one should feel bad about it.

If you are care experienced or a care leaver and need support, Shine is here to help - contact us on: 07795 245727 Email: [Shine@sjmt.org.uk](mailto:Shine@sjmt.org.uk) or complete a self-referral form on our website at [www.sjmt.org.uk/shine-referrals](http://www.sjmt.org.uk/shine-referrals)