

**National Stress Awareness Day November 6<sup>th</sup> 2024**



The theme of this years National Stress Awareness Day is 'Campaigning to Reduce Stress and Improve Wellbeing'.

It provides an opportunity to consider the physical and mental impacts of stress as well as strategies for coping with stress.

It highlights the value of self-care and stress-reduction strategies and helps people to identify and manage stress in healthy ways.

It provides a chance to inform individuals about the effects of stress on their health and overall quality of life.

Although stress cannot be totally eliminated in today's world, its effects can be lessened or minimised.

[www.nhs.uk/every-mind-matters/mental-health-issues/stress/](http://www.nhs.uk/every-mind-matters/mental-health-issues/stress/)

[www.youngminds.org.uk/professional/resources/stress-bucket-activity/](http://www.youngminds.org.uk/professional/resources/stress-bucket-activity/)

[www.mind.org.uk/information-support/types-of-mental-health-problems/stress/managing-stress-and-building-resilience/](http://www.mind.org.uk/information-support/types-of-mental-health-problems/stress/managing-stress-and-building-resilience/)

[www.nhs.uk/every-mind-matters/mental-wellbeing-tips/self-help-cbt-techniques/](http://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/self-help-cbt-techniques/)



Young people in Hounslow can text a school nurse for confidential advice and support:

**07507 333176**

Learn more at: [bit.ly/ChatHealthPrivacy](https://bit.ly/ChatHealthPrivacy)