

Fact sheet: Managing stress

What is stress?

'Stress' can mean lots of things to different people and affects everyone differently. Things like change, pressure and challenges can cause us to feel 'stressed'.

Some people might show stress in their body, some might just feel it inside. Feeling stress for a long time can damage your body and mind. Understanding how stress affects you can help you to manage your stress better.

What can I do about it?

There are many things we can do to help ourselves and others deal with stress. Everyone has different thing that will help them feel better. Explore our [Stress patterns video](#) to learn more.

Remember that everyone shows and feels stress differently for different reasons. Understanding others is a really big part of helping them and knowing how to help.

To explore stress and its effects more look at our activities in the 'Managing stress session plan'.