

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'. A situation may be stressful for us, but a situation could also be made stressful because of other factors. For example, going to school might not be stressful every day, but if you had a row with a friend or have an exam that day, it will feel much more stressful than normal.

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 some things might make you feel less stressed temporarily but can have serious negative impacts later, like over-eating or self-harm. Your safety is vital. Ask yourself: Will this harm my body, mind or emotions in another way? What are the risks and how can I avoid them?

Explore this with others if you want to discuss the topic more. Talking about how you feel is important. If you need to speak to someone urgently talk to a responsible adult or you can call the [Mind helplines](#).

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