What is stress?

Stress can be normal and healthy as it keeps us alert and can help us stay alive. However, stress should only be for a short time and when you are under stress for a long time it can be bad for your health and wellbeing.

Some things you could do to relieve your stress:

- Have positive relationships - talk to family/friends
- Be kind to others
- Exercise
- Try a new hobby
- Sleep well
- Have a balanced diet
- Take time for yourself
- Read
- Colouring
- Write in a diary
- Breathing exercises
- Use sensory toys
- Learn mindfulness
- Listen to music
- Spend time outside

Apps

- **Samaritans self-help app** - keep track of how you are feeling and get recommendations for things you can do to help yourself cope and feel better: **click here**
- **Headspace** - learn meditation and mindfulness skills to learn how to manage stress and cope with everyday anxieties

Support for anxiety/ stress

- Breathing exercises by the NHS: **click here**
- Breathing exercise: **click here**
- Yoga: **click here**
- Physical activity guidance: **click here**
- Colouring ideas: **click here**
- The Mix - tel **0808 808 4994** (4pm to11pm), Text **THEMIX** to **85258** (24/7) for free counselling sessions
- Childline - Tel **0800 1111** (24/7)

Hinckley & Bosworth Borough Council

Hinckley & Bosworth Voice Forum