

# Mowbray Safeguarding Bulletin

January 2024 – Stress and Well-being



## What is stress?

Stress is a reaction to mental or emotional pressure. A little stress can be good; it helps us to motivate ourselves and achieve things, but when does stress become a problem?

Stress becomes a problem when it is unmanageable, causes anxiety, fear and even physical symptoms.

## Causes and symptoms

Stress can be caused by many things such as traumatic events, but it can also be called by day-to-day life experiences including:

- Financial issues
- Health concerns
- Work pressure
- Relationship worries

Symptoms of stress can be mental and physical and can include:

- Sadness and low mood
- Anxiety
- Anger
- Headaches and dizziness
- Muscle tension or pain
- Difficulty concentrating
- Constantly worrying
- Feeling forgetful
- Isolating yourself

## Upcoming Awareness days

International day of Education - 24<sup>th</sup> January

LGBT+ History Month - February

Time to Talk Day - 2<sup>nd</sup> February

Safer Internet Day - 6<sup>th</sup> February

Internal Book Giving Day - 14<sup>th</sup> February

World Day of Social Justice - 20<sup>th</sup> February

Rare Disease Day - 29<sup>th</sup> February

# The Stress Bucket

Think of your stress as a bucket. A low level of pressure or stress (in this case, water) is manageable and can even motivate you. If you then have your car break down, more water is added, your family member becomes unwell and needs caring for, more water is added again, then your relationship breaks down, you lose your job or you become unwell. Your bucket could then be full or even overflowing! This level of stress needs an outlet. This could be talking with friends, seeing your GP or doing something simple such as going for a walk or reading a book - something to help you find a moments peace in chaos!

Have a go at creating your own stress bucket below, your children can make one too!



Developed from an idea by Brabban and Turkington (2002)



## Identifying stress in children

Children can often become overwhelmed and stressed in daily life. Changes in behaviour such as being irritable and snappy, sleeping too much or too little, eating too much or too little and avoiding people and places can be signs of stress in children. See the resources below for ways to help children experiencing stress.

## Resources

- Samaritans
- Mind
- Every Mind Matters
- Mental Health UK
- Kidshealth.org
- See your GP
- Always 999 in an emergency!

# The Stress Bucket

We all experience stress to some degree. Some stress can be good, it can push us to work hard. But too much stress can make us feel overwhelmed, and prolonged stress can eventually lead to problems. The stress bucket is a way to visualise this. Above the bucket are clouds – the things that cause you stress. These rain into the bucket and gradually fill it up. You release the stress by doing things you enjoy or that help you to stress less.

Complete your own stress bucket below. Identify the things that cause you stress (the clouds) and the things you do to manage them (your taps).

**Also consider:**

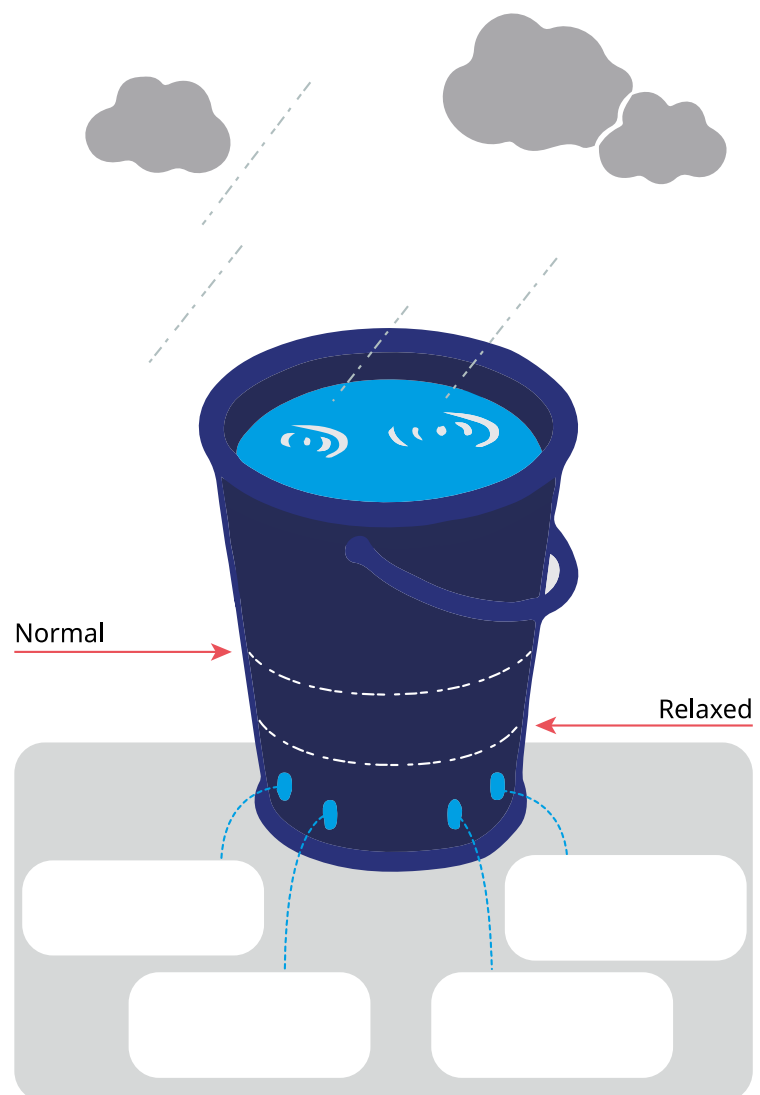
What size and shape is your stress bucket?

How full is it?

What are the signs that your bucket is getting too full?

Are all of your taps working?

Do you turn to unhealthy ways to release stress and what does this look like?



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