

Stress

Free Information and Advice



What happens when you are stressed?

You feel tired, headaches, body aches, heart beating fast, chest pain, feeling sick

Can't concentrate or remember things, mind racing, no sense of humour, thinking about the same thing again and again

Getting angry, worried, afraid, losing your temper

Not able to sit still, biting your nails, eating too much, smoking and drinking too much, crying, not sleeping



What can you do to help?

Make some changes in how you live

Eat a healthy diet, eat slowly

Do some exercise

Get enough sleep

Cut down on drinking and smoking

Have some time out, try to relax more

Get help to deal with any issues that are causing you grief – call FFT 01273 234 777

Have some time out, try to relax more



Useful numbers

Friends, Families and Travellers (helpline) 01271 234 777 or 07990 516 627
(Wellbeing support)

Rethink
0845 456 0455 or 020 7840 3188, Monday to Friday
10am – 2pm

First Steps to Freedom
0845 120 2916

No Panic 0808 808 0545

Why do people get stressed?

Evictions, having nowhere to stop

Family feuds

Money troubles

Health problems

Having a baby

Not getting work

Alcohol, too much coffee and unhealthy food

Not enough sleep



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EMOTIONAL
WELLBEING



Friends Families and Travellers

For further information please contact

Friends Families and Travellers

Community Base

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