

# Dealing with stress

Under challenging circumstances, it can be difficult to tell when you are experiencing stress. Stress affects everyone in different ways. Now more than ever, it's important to look out for signs of stress in yourself and others.

Are you experiencing any of these more frequently than usual?



Always feeling overwhelmed, worried, anxious or scared



Having racing thoughts or difficulty concentrating



Having trouble sleeping or feeling tired all the time



Eating more or less than usual



Feeling irritable or impatient



Avoiding certain things or people

Once you recognise signs of stress, you can take steps to deal with it

- You can **speak to a manager** who can let you know about resources and services.
- **Every Mind Matters** has lots of tips for dealing with stress.
- **Dorset Mind** has a range of support services which have been moved online. You can refer yourself to these.
- You can make contact with a **confidential and free local counselling service** at [www.psychotherapydorset.co.uk](http://www.psychotherapydorset.co.uk) or by calling 07714 330120.
- If you're struggling to cope with stress or you've experience a traumatic event, **Steps 2 Wellbeing** have psychological therapists and counsellors who can help. You can [refer yourself for support online](#).
- **Frontline19** is a UK nationwide emotional support service during COVID19. It's confidential and free.