

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

- It's often helpful to **speak to a trusted friend, colleague or your manager.**
- **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.
- If you've been affected by a disturbing event, a session of **Flash therapy** might help. You can book a session for yourself by emailing dhc.ipts@nhs.net.
- For support with mental health and other issues, you can contact your **employee assistance helpline**, take a look at your intranet or speak to your HR team.
- 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.