

STRESS

It doesn't have to rule your life..

**An important
reminder; please
respect each other's
confidentiality**

What's in these sessions?

It's in three parts;

1. Sleep and Self Care

2. Study Habits

3. Panic Attacks and
managing acute anxiety

So.. what is stress?

- **An ancient response to perceived threats**
- **Anxiety = anticipation of possible threats**
- **Modern threats:** *many of these are social*
 - *Such as exams, friendship and family issues*

What are we looking at today?

Sleep and Self Care

How do *you* sleep?

- *Take ages to fall asleep?*
- *Wake up in the night and can't get back to sleep?*
- *Wake up too early in the morning?*

These are typical signs of stress and anxiety

How much sleep do you need?

- *Everyone is different*
- *Average is 6-8 hours per night*
- *But some only have 4..or need 10*
- *If you wake refreshed, you've had the right amount for you*

How can you make your sleep better?

- *Adopt some good 'sleep hygiene' habits*

LET'S FIND OUT HOW 

What is 'Sleep Hygiene'?

Before bedtime – some things to do

- *At least an hour before, take time to relax and wind down*
- *Have a warm bath/shower*
- *Read, listen to music, chat*
- *Have a drink, light snack*

Get the room right

- *Not too warm, cool is fine*
- *Dark*
- *Quiet*
- *Have a radio/relaxing music/sounds on a timer, keep the volume down*

Before bedtime – some things to avoid

- *Avoid activities which make your brain busy*
- *Avoid eating large amounts, you are making your body 'work'*
- *Avoid the tech – the light stirs up your brain*
- *When you go to bed, so does your tech*

Keep to regular times, even at weekends
Your body runs like a clock..

Diet matters too...

*Your brain and body can't work properly if you don't fuel it right
If you skip meals, eat junk, you stress your body even more*

- Eat regular meals; 2-3 per day
- If you need regular snacks, plan them
- Breakfast is critical (lose 10 IQ points for the day if you skip this)
- Don't skip/fast
- If your routine changes, adapt your pattern to suit; think ahead
- Focus on nutrition;
 - Protein to build and repair
 - Carbs for energy
 - Vitamins and minerals for effective functioning
- Don't rely on caffeine/energy drinks
- Keep snacks and junk food as treats
- Avoid heavy intake before bedtime

Exercise...time well spent

- Aim to do some physical activity regularly
- A little every day is ideal
- Or longer sessions 2-3 times a week
- Not keen on 'exercise'? Anything that gets you moving and raises your heart rate counts
- Doesn't have to be expensive or need equipment/special clothes
- Make it fun, join up with a friend
- Include time outdoors, nature makes you feel good
- Huge anti-stress benefits, especially if you do it regularly



And..... relax

- Time to chill and unwind is an essential part of every day
- It's not 'wasted time' – you will function better for doing it
- Don't feel guilty about it. Build it into your day

**Need more?
Try some
controlled
breathing...**

- What makes you feel happy?
- What makes you lose your timer, then forget of time?*
- What doesn't put pressure on you or make demands?

- Give it 100% of your attention
- You can't do anything about any other stuff right now, so park it

*not social media folks!