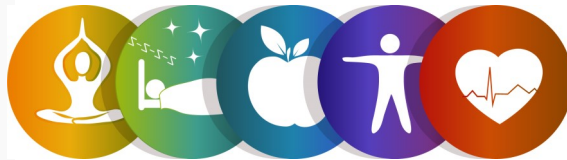




# THE VENUE INFANT SCHOOL

## Mental Health & Wellbeing Newsletter

Autumn 2 - November 2022



## International Stress Awareness Week 7th—11th November

### SIGNS OF STRESS IN ADULTS

We all experience stress differently in different situations. Sometimes you might be able to tell right away when you're feeling under stress, but other times you might keep going without recognising the signs. Stress can affect you both emotionally and physically, and it can affect the way you behave. (Mind,2017)

#### EMOTIONAL

- irritable, aggressive, impatient or wound up
- over-burdened
- anxious, nervous or afraid
- like your thoughts are racing and you can't switch off
- unable to enjoy yourself
- depressed
- uninterested in life
- like you've lost your sense of humour
- a sense of dread worried about your health neglected or lonely

#### BEHAVIOURAL

- finding it hard to make decisions
- constantly worrying
- avoiding situations that are troubling you
- snapping at people
- biting your nails
- picking at your skin
- unable to concentrate
- eating too much or too little
- smoking or drinking alcohol more than usual
- restless, like you can't sit still

#### PHYSICAL

- shallow breathing or hyperventilating
- you might have a panic attack
- muscle tension
- blurred eyesight or sore eyes
- problems getting to sleep, staying asleep or having nightmares
- sexual problems, such as losing interest in sex or being unable to enjoy sex
- tired all the time
- grinding your teeth or clenching your jaw
- headaches chest pains
- high blood pressure
- indigestion or heartburn
- constipation or diarrhoea
- feeling sick, dizzy or fainting



Let's look out for and support one another



# New Ways November 2022



ACTION FOR HAPPINESS

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

7 Be creative. Cook, draw, write, paint, make or inspire

14 Find a new way to help or support a cause you care about

21 Learn a new skill from a friend or share one of yours with them

28 Discover your artistic side. Design a friendly greeting card

1 Make a list of new things you want to do this month

8 Plan a new activity or idea you want to try out this week

15 Build on new ideas by thinking "Yes, and what if..."

22 Find a new way to tell someone you appreciate them

29 Enjoy new music today. Play, sing, dance or listen

2 Respond to a difficult situation in a different way

9 When you feel you can't do something, add the word "yet"

16 Look at life through someone else's eyes and see their perspective

23 Set aside a regular time to pursue an activity you love

30 Look for new reasons to be hopeful, even in tough times

3 Get outside and observe the changes in nature around you

10 Be curious. Learn about a new topic or an inspiring idea

17 Try a new way to practice self-care and be kind to yourself

24 Share with a friend something helpful you learned recently

4 Sign up to join a new course, activity or online community

11 Choose a different route and see what you notice on the way

18 Connect with someone from a different generation

25 Use one of your strengths in a new or creative way

5 Change your normal routine today and notice how you feel

12 Find out something new about someone you care about

19 Broaden your perspective: read a different paper, magazine or site

26 Try out a different radio station or new TV show

6 Try out a new way of being physically active

13 Do something playful outdoors - walk, run, explore, relax

20 Make a meal using a recipe or ingredient you've not tried before

27 Join a friend doing their hobby and find out why they love it

Happier · Kinder · Together



Feeling Good

## Try the Feeling Good App

Everyone living in Northamptonshire can now access and use the Feeling Good App. It's a simple mental skill training programme, teaching you how to calm your mind and develop a positive mindset. It enables greater emotional resilience to deal more effectively with the challenges of everyday life.

Feeling Good contains a safe, effective, and non-stigmatising programme, *Positive Mental Training*. This is widely used within the NHS for increasing wellbeing and recovery from stress, anxiety, and depression.

