

Stress Awareness Month April 2021

Research has identified that 65% of people have felt more stressed since the COVID-19 restrictions began in March 2020.

For Stress Awareness Month the Health Improvement Team have designed a short training session to help individuals to recognise what stress is and introduce a number of practical tools available to build resilience and reduce stress.

The 45-minute training will cover:

- What is stress and why do we need to tackle it
- Understand how the body reacts to stress
- Introduce a number of practical tools you can use to reduce stress
- Apps/ Support services

To join the stress awareness training **on Monday 19th April at 15:30** via Teams Email HIT@halton.gov.uk to book a place.

Link to Stress Awareness resources- including a 30-day challenge hints, link and tips- here you can also test your stress level with practical tools to de-stress.

<https://www.stress.org.uk/>

Useful Stress Awareness Resources for Children and Young People:

<https://www.mentallyhealthyschools.org.uk/resources/tips-for-children-on-managing-stress/>

<https://youngminds.org.uk/find-help/feelings-and-symptoms/exam-stress/>

The Health Improvement Team are also offering schools staff wellbeing training which covers

- Understand the meaning of wellbeing and why it is so important
- Tips for looking after your own wellbeing- take time to reflect using self-care strategies
- Look at how schools can priorities staff wellbeing
- Signposting to Mental Health and Wellbeing resources and sources of support

If your school would like to book on please email; HIT@halton.gov.uk

If you need more information about mental health services locally and nationally, check out our [Halton Mental Health Information Point](#).

[Every Mind Matters](#) has some great resources and tips for managing your mental health and wellbeing