

Stress Management

Signs of stress

- **Poor sleep**
- **Feeling impatient or irritable**
- **Poor concentration**
- **Not being able to make decisions**
- **Drinking, smoking or eating 'junk food' more**
- **Not enjoying food**
- **Feeling tense**
 - **Nausea**
 - **Sweating**
 - **Dry mouth**
 - **Heart racing**
- **Headaches and muscle tension**

[Find out more](#)

How to avoid stress

- **Tracking your mood and noting what causes you to be stressed. Using an app for example**

Daylio could help:

[Find out more](#)

- **Talk through your triggers with someone**
- **Try and practice relaxation techniques (see below)**
- **More information from a charity supporting mental health issues:**

[Find out more](#)

Relaxation techniques

- **Deep breathing**
- **Positive relaxation eg meditation/ mindfulness**
- **Time out: find a green space, take a walk at lunch time, wake up earlier and have some time to yourself**
- **Exercise: many people find that regular exercise can help de-stress**
- **Hobbies: a hobby without a deadline eg reading, puzzles, colouring eg Recolor app**

[Find out more](#)

- **More information from MIND; a UK charity working to support those with mental health issues**

[Find out more](#)

Self-help

- **Online Cognitive behavioural therapy (CBT)**

- Mood Gym is an interactive self help book to help with depression and anxiety

[Find out more](#)

- Mood Juice is online self help for a range of mental health issues

[Find out more](#)

- **MIND charity, tips for everyday living**

[Find out more](#)

- **Stress management society is a non-profit organisation aiming to help individuals and companies recognise and reduce stress**

[Find out more](#)

- **RELATE is a UK based charity supporting those with relationship difficulties**

[Find out more](#)

Treatment options

If your symptoms are getting worse or you do not feel you are coping, please speak to a doctor, who can assess you and may discuss the following treatment options for anxiety or depression:

- **Psychological / talking therapy**

- **Counselling**
- **Cognitive behavioural therapy**
- **Psychoanalysis**

- **Medical treatment**

- **Antidepressants**
- **Propranolol**

Crisis

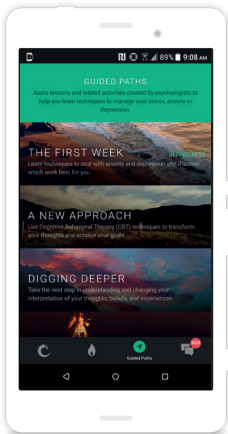
If you should be feeling overwhelmed, or having any thoughts about harming yourself or ending your life, please contact a doctor immediately. You can contact your GP urgently or attend your local Accident and Emergency.

Samaritans is a 24 hour line support line if you need to talk to someone.

[Find out more](#)

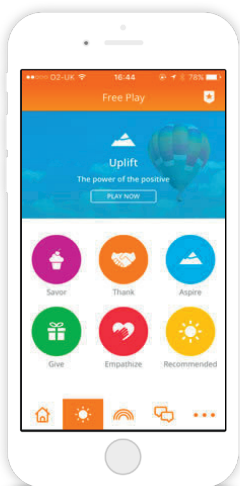
Apps

There are many apps on managing stress from apps, leaflets and websites. We recommend the following:



Pacifica for Stress & Anxiety Android iOS

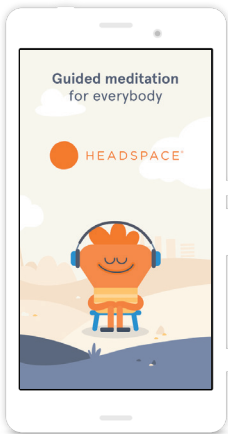
Tools for stress and anxiety based on cognitive behavioural therapy and mindfulness.



Happify: for Stress & Worry Android iOS

Brain training app to fight negativity and stress.



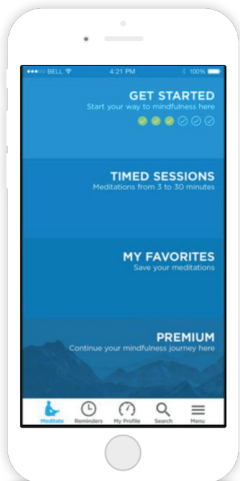


Headspace: Meditation & Mindfulness

Android

iOS

Headspace has guided meditation and mindfulness recordings and activities, the first 10 are free.

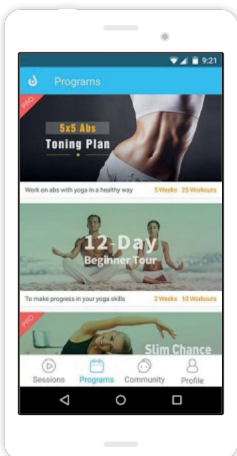


The Mindfulness App

Android

iOS

Mindfulness app has daily meditation recordings with reminders built in so you do not forget.



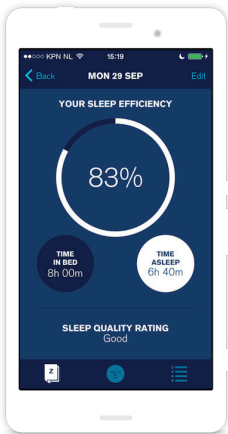
Daily Yoga

Android

iOS

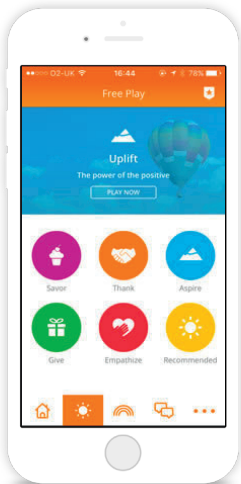
Daily Yoga has yoga and meditation routines and reminders for different levels.





Sleepio iOS

Sleepio app uses sleep science and cognitive behavioural therapy, by setting goals, building a programme based on your goals and advice from sleep experts.




Calm Android iOS


Calm has daily mindfulness, meditation and inspiration in order to improve mental health and sleep.



Need more help?

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