

HOT TOPIC – APRIL 2022

STRESS AWARENESS

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Stress is a reaction to feeling under pressure or threatened, resulting from feeling like you cannot manage or control a situation. However, sometimes there is **no obvious cause!**

Stress can occur from singular or combined stressors, such as:

- Juggling responsibilities (work & personal);
- Financial Problems (personal or family related);
- Work based experiences, which can result in Post Traumatic Stress Disorder (PTSD).

Stress is not biased towards gender, age, ethnicity, or social demographics.

Stress is recognised as a cause of mental

When is Stress a Problem?

health problems but not a mental health problem itself.

Stress can be a motivator and demotivator. Small amounts of stress motivate, for example the completion of time pressured tasks. However, it can be a demotivator when stress is prolonged and / or reoccurring.

Stress, according to Mind, occurs in two ways:

1. Acute Stress – occurs within a few minutes to a few hours of a traumatic event, lasting up-to two weeks;
2. Chronic Stress – occurs from life's daily pressures which can last for a prolonged period.

Help with Stress



W: mind.org.uk/bluelight
T: 0300 303 5999
E: bluelightinfo@mind.org.co.uk



[Mental Health \(polfed.org\)](http://MentalHealth(polfed.org))

Dealing with Stress

Stress cannot be avoided but can be managed to prevent it from getting worse:

- **NEVER** ignore it, speak to your line manager & colleagues;
- Physical Health – exercise, healthy eating & sleep all help;
- Forgiveness - focus on your achievements rather than what you didn't do. Don't be afraid to make mistakes;
- Goal setting – helps you focus and gain control;
- Unable to cope, notice changes in behaviour (particularly unhealthy behaviours)? **SEEK HELP**, using support at work.

Discussion Points?

1. How can you identify stress in yourself, Colleagues, and members of the public?
2. How can you support colleagues and members of public experiencing stress?
3. What kinds of situations could fall into acute or chronic stress?
4. What mental health issues can arise from stress?
5. What help is there for officers and the public experiencing stress