

Feeling stressed?



Stress is something everyone feels at times, and there are all kinds of stressful situations that can be a part of daily life. Low-level stress can even be helpful or motivational.

There are plenty of things you can do to help cope with stressful events, and simple steps you can take to deal with stress.

We also have specific tips and expert advice to help you look after your mental health and wellbeing if you are feeling stressed or anxious about coronavirus (COVID-19).

What is stress?

Stress is the body's reaction to feeling threatened or under pressure. It's very common and can be motivating to help us achieve things in our daily life, and can help us meet the demands of home, work and family life.

But too much stress can affect our mood, our body and our relationships – especially when it feels out of our control. It can make us feel anxious and irritable, and affect our self-esteem.

The tips on this page should help, but if you have been experiencing stress for some time and it's affecting your daily life or causing you distress, you should consider seeking further support.

Top tips to deal with stress

Split up big tasks

If a task seems overwhelming and difficult to start, try breaking it down into easier chunks, and give yourself credit for completing them.

Allow yourself some positivity

Take time to think about the good things in your life. Each day, consider what went well and try to list 3 things you're thankful for.

Challenge unhelpful thoughts

The way we think affects the way we feel. Watch our video to learn how to challenge unhelpful thoughts. [Reframing unhelpful thoughts video](#)

Be more active

Being active can help you to burn off nervous energy. It will not make your stress disappear, but it can make it less intense. [Home workout videos](#)

Talk to someone

Trusted friends, family and colleagues, or contacting a helpline, can help us when we are struggling. Watch our video for more ideas. [Social connection video](#)

Plan ahead

Planning out any upcoming stressful days or events – a to-do list, the journey you need to do, things you need to take – can really help.