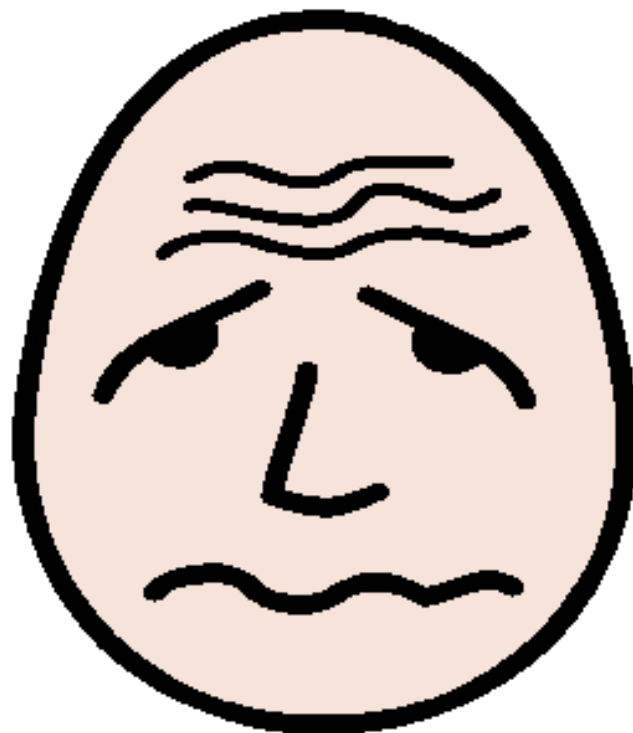
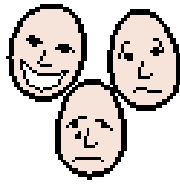


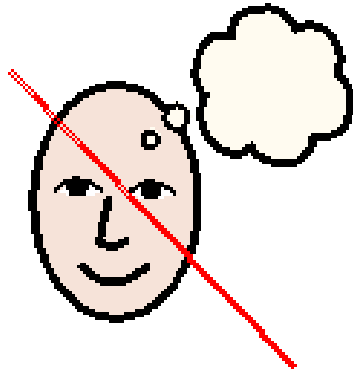
Helping you understand
about

STRESS



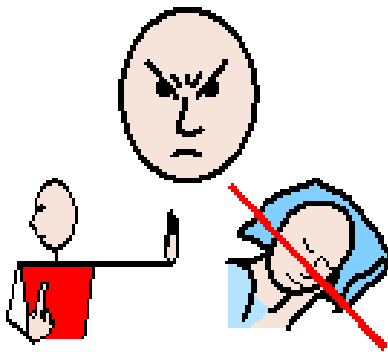


THINGS YOU MIGHT FEEL



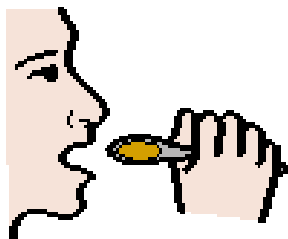
NOT BEING ABLE TO COPE

Not being able to do your day to day activities. You may feel that you can't think clearly



CHANGES IN YOUR MOOD

Not doing things you enjoy, as you can't be bothered, wanting to be on your own and sleep changes - too much or not being able to sleep



CHANGE IN APPETITE

Not feeling hungry or eating too much



THINGS YOU MIGHT FEEL



HEADACHE

You might get a pain in your head and it might last a long time



SWEATING

You may feel shaky, hot or cold and clammy



TIRED

Problems sleeping or bad dreams.
Feeling tired



FEEL MOODY

Getting angry with people and feeling unhappy. Wanting to cry



THINGS YOU MIGHT FEEL



FAST BREATHING

Breathing too quickly which can make you feel dizzy. Your heart thumps faster



FEEL DIZZY

You may be dizzy, wobbly and feel sick



SMOKING, DRINKING MORE ALCOHOL AND TAKING ILLEGAL DRUGS

Start smoking or smoking more.
Drinking too much alcohol. Using illegal drugs



SELF-HARM

Nail biting, picking wounds and flesh, change in appetite, scratching and cutting



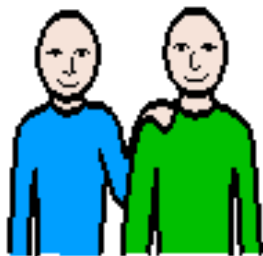
THINGS YOU CAN DO TO HELP YOURSELF



HEALTHY DIET



EXERCISE



TALKING TO FRIENDS ABOUT
PROBLEMS



MAKE TIME TO DO THINGS YOU
ENJOY