

Wellbeing Curriculum:

Managing your stress



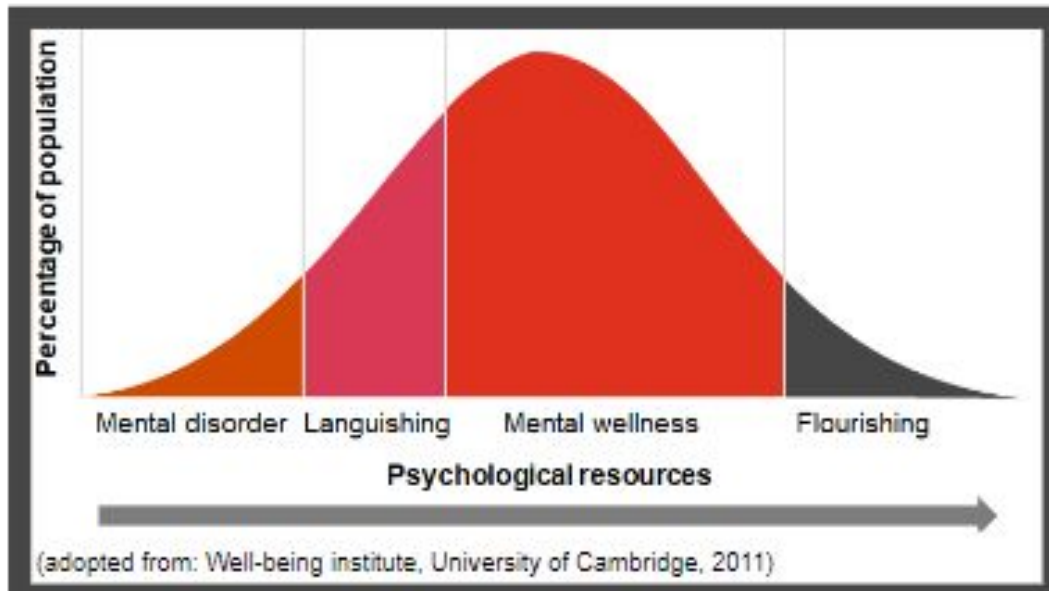
What does Mental Health mean to you ?

What is mental health?

We are all on the mental health spectrum

- Mental Health is rarely an absolute state.
- It is dynamic and changes over time as a result of things that happen in our lives.

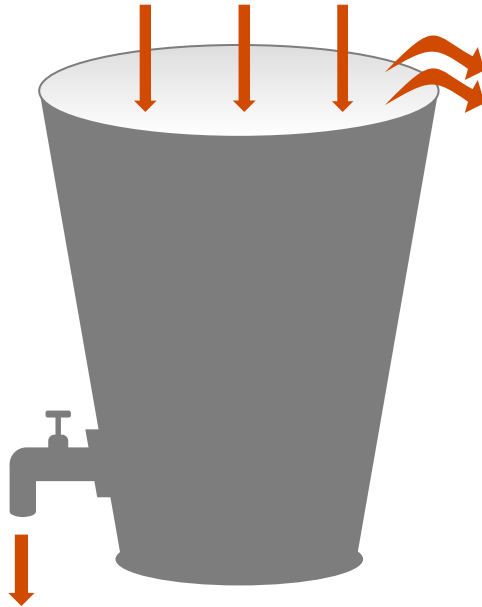
How did it make you feel, did you feel worried, anxious or stressed?



The stress bucket?

Brabban and Turkington, 2002

What goes into your stress bucket?



When we have stressors that we perceive we can't cope with, our **bucket is full, and it starts to overflow.**

How do you cope with stress?

- Healthy ways of coping?
- Unhealthy ways of coping?

Keeping mentally healthy

Based on New Economics Foundation and Public Health England Guidance:



Wrap up and reflection

Reflect on the following questions

- Remember, mental health is a continuum
- It is important to develop coping strategies to manage daily stresses.



Thank you

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