Video transcript of our animated video, Tips for Managing Stress

We might think, "I'm stressed" or "This is stressing me out", but what do we actually mean, and what can we do about it? We could mean situations or events that put pressure on us, like things in our personal life, or how we're affected by the pandemic. Stress can also describe how we feel when we have demands placed on us that we find difficult to cope with. Stress isn't a mental health problem by itself, but it can impact our mental health. Whatever your experience is, here are some ways to look after your wellbeing and deal with pressure. What could help?

Try to identify what triggers stress for you. Even if you can't avoid these situations, being prepared can help. This could include one-off events, or issues that come up regularly.

Organise your time based on your energy levels. Try not to do too much at once. Take breaks, and take things slowly and set yourself smaller, more manageable goals so that you can see your achievements.

Practice saying how you feel. If people are making unreasonable demands of you, it's ok to tell them this and say no.

Develop your interests and hobbies. They can be a great way to get away from everyday pressures. Shared hobbies can also be a good way to meet new people.

Look after your physical health. Taking steps to look after your physical health can reduce stress although this can sometimes be difficult. Try getting enough sleep and eating regular meals to make a difference.

Find ways to relax. If you know that something relaxes you, like listening to music or being creative, try to set time aside to do this.

Give yourself a break. Reward yourself for achievements, like finishing a piece of work or making a decision. You could take a walk, read a book, or simply reflect and be proud of what you've achieved. And forgive yourself if things didn't go to plan, or if you didn't do something you'd hoped for. Nobody's perfect, and putting extra pressure on yourself doesn't help.

Build your support network. Whatever you're going through that's causing you stress, you don't have to cope with it alone. It could help to talk to students who might be feeling the same, or your tutor, student union, student support services, or GP.