



THE  
MENTAL  
HEALTH  
HOUR

# Dealing with Stress

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Natalee Goodman - Lead Counsellor



Q1

### Do you have any tips on dealing with work-related stress?

Firstly, it is important to understand what it is that is causing us stress as this can give us power to change something. Self-care is important too, engage with any hobbies you may have, exercise can help with stress too!

Q2

### I am stressed and burnt out from work. How do I alleviate this without taking time off?

One thing we can do is ask for help managing our workload. By decreasing our workload, we allow ourselves to have more space for ourselves, where we can breathe better and sometimes even make more time for the things we care about.

Q3

### I don't remember when I wasn't stressed about something what can I do to feel better?

When it comes to stress, it is okay to only be able to deal with so much. Stress impacts us in several ways, it may be beneficial to talk to your GP and prioritise your wellbeing by engaging in physical activity and prioritising our sleep schedule.

Q4

### What are the best ways to deal with stress at work? I often feel so stressed, I can't do anything

First of all, it is normal to sometimes feel 'paralysed' when you're stressed. It may be useful to talk to your manager about making temporary adjustments to your work. Reviewing your self-care and time you spend out of work can help with stress levels in work.







Q5

### How can you help with health anxiety and stress

Health anxiety can be overwhelming as it can consume a lot of our thoughts, however, there are things you can do to help. Firstly, you can try some breathing techniques such as box breathing, as this can stabilise our heart rate and lessen our anxiety symptoms in that moment. Subject to a clinical assessment and your entitlement, you also may be able to access our health anxiety module on our online self-guided CBT platform!

Q6

### I am stressed at work, is hybrid working overrated or could it help?

Hybrid working has its benefits, it can improve work related stress as it removes the need to commute to work every working day. However, for some people who like to leave the house, this may impact them more negatively. It is important to weigh up what matters to you regarding work, which may be made easier with a pros and cons list.

Q7

### What can you do if your stressor cannot be removed? Is it better to try continuing with it or to move away from it

When a stressor can't be removed it can sometimes leave us feeling powerless. In these instances, we can learn to adapt ourselves rather than change something. By doing this, we can start to feel better equipped to deal with the stressor and improve our mood!





April Q&A  
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