

Anxiety and Stress

HELPLINE - 0300 1233088

Stress Warning Signs:

Cognitive Symptoms:

- Memory problems
- Inability to concentrate
- Poor Judgement
- Seeing only the negative
- Anxious or racing thought
- Constant worrying

Stress Warning Signs:

Physical Symptoms:.

- Aches and pains
- Diarrhoea
- Nausea
- Dizziness
- Chest pain
- Rapid heartbeat
- Loss of sex drive
- Frequent colds

www.thegamekeeperswelfaretrust.com enquiries@thegamekeeperwtrust.com

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Stress Warning Signs

Behavioural Symptoms:

- Eating more or less
- Sleeping too much or too little
- Isolating yourself from others
- Procrastinating or neglecting responsibilities
- Using alcohol, cigarettes or drugs to relax
- Nervous habits – nail biting, pacing etc

Five steps for Mental Wellbeing

- 1. Connect.** Connect with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships.
- 2. Be active.** Take a walk, go cycling or play a game of football. Find the activity that you enjoy, and make it a part of your life.
- 3. Keep learning.** Learning new skills can give you a sense of achievement and a new confidence.
- 4. Give to others.** Even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering can improve your mental wellbeing and help you build new social networks.
- 5. Take notice.** Be more aware of the present moment, including your feelings and thoughts, your body and the world around you. Some people call this awareness “mindfulness”, and it can positively change the way you feel about life and how you approach challenges.

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