WINCHESTER CATHEDRAL

When writing my section for the Cathedral Newsletter and website, I often look to the Awareness Days website for ideas about what is coming up linked to the world of safeguarding.

April is Stress Awareness Month.

STRESS AWARENESS MONTH
APRIL 2023

A ACTION
C CHANGES
T THINGS

#ACTNOW

International Wellbeing Insights
People, Culture & Wellbeing

Stress Management Society
from distress to de-stress

According to the Awareness Days website (www.awarenessdays.com), "Stress and poor mental health are one of the biggest public health challenges that we're facing. Sadly, even though that is the case, we are still not taking its impact seriously enough. We continue to separate mental health from physical health and vice versa. The reality is they cannot be separate – they are two sides of the same coin. There is no health without mental health and stress can lead to numerous health problems. From physical problems, like heart disease, insomnia, digestive issues, immune system challenges, etc to more serious mental health disorders such as anxiety and depression."

Stress Awareness Month is held "to raise awareness of the causes and cures for our modern-day stress epidemic. It is the time when we have an opportunity for an open conversation on the impact of stress. Dedicated time to removing the guilt, shame, and stigma around mental health. To talk about stress, and its effects and open up about our mental and emotional state with friends, families, colleagues, and professionals."

The Stress Management Society have created a guide for 2023 – Taking you from Distress to De-stress https://www.stress.org.uk/wp-content/uploads/2023/01/The-SMS-Branded-Stress-Guide-2023.pdf

The document explains what stress is, how we can recognise when we are stressed, what stress may look like both at home and at work and top tips to coping with stress.

Papyrus is the national charity dedicated to the prevention of young suicide and the promotion of positive mental health and emotional wellbeing in young people. https://www.papyrus-uk.org/aboutus/

During Stress Awareness Month, they run #30daysofselfcare – the calendar for the month of April, "encourages people to factor in some time each day to look after themselves and practise some all important self-care."

Their self-care activities encourage activities such as :

- Spending time with friends

- Trying new activities

- Going for a walk in nature

- Switching off from technology in the evening

- Leaving yourself notes of motivation

You can find more information about stress on the NHS website https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/stress/

Our friends at Solent Mind also have a great resource "How to manage stress" https://www.solentmind.org.uk/assets/uploads/resources/how-to-manage-stress_2015_mindbooklet.pdf