

# From Distress to De-stress

A guide about managing the way stress affects your body



This guide is one of a series about wellbeing and mental health. This booklet is about stress and how it affects the body. Such problems are very common.

Manchester Public Health Development Service produces this series of guides. Research backs up everything in the booklets. The tools and tips work for people. It is about finding out which ones will help you.

Other booklets in this series are:

- Improve Your Mood
- Sleep Well
- Unwind Your Mind
- Work and Mental Health





The series also includes a set of relaxation audio tracks:

- Distress to De-Stress Relaxation Collection

You can download all of them free from [www.mhim.org.uk](http://www.mhim.org.uk)

We would like to know what you think about the booklet. We would also like to know how useful it has been. Please e-mail your feedback to [resource.feedback@mhsc.nhs.uk](mailto:resource.feedback@mhsc.nhs.uk). Thank you.

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This guide aims to:

- Help you understand how stress affects the body
- Give you tools to help you de-stress

It is possible to overcome stress. Try not to assume there is nothing you can do. Don't accept it is just part of life.

A big part of dealing with stress is finding out what affects your stress levels. You then need to find out what can help you. Use this booklet in this way. This guide includes a number of tools to help you to manage stress. They are:

- **Recognising the 'fight or flight' reaction**
- **The vicious cycle of stress**
- **Controlled breathing**
- **Progressive muscle relaxation**

# Getting the most out of the booklet

This booklet looks at your body's physical signs of stress because these can be very strong and frightening. It will also show you how you can get rid of them.

The '**Understanding stress**' section explores how stress affects the body.

The '**See it**' section will help you see how stress affects your life.

The '**Treat it**' section has a range of tips to help you deal with the way stress affects your body.

The '**Beat it**' section gives you more ideas on how to make progress. It also lists where you can get further support.

There are spaces in the booklet for you to write things down. You may find that this helps you think more clearly about how you feel.

## What you'll need:

- ❑ A pen and maybe a notebook for extra notes.
- ❑ Time for reading and thinking about how you can help yourself.
- ❑ Somewhere quiet to read and think.
- ❑ To keep going and pace yourself by taking one step at a time.
- ❑ Support from a family member, friend or health professional if needed.



# Understanding stress

Stress is a normal response to something that appears to be a threat. It affects your thoughts, emotions, behaviour and body.

The way the body reacts to stress is normal and sometimes it can even be useful. But, it can make you feel worried, fearful and anxious.

Feelings of anxiety can take many forms, for example:

- **Panic:** strong, sometimes sudden feelings of panic or fear that are hard to control
- **Phobias:** a fear of an object or situation that would not normally trouble most people
- **Social phobia:** fear or anxiety in public or social situations
- **Health anxiety:** constant worry or fear about getting an illness or dying
- **Generalised anxiety disorder:** constant worry about everyday things
- **Obsessive compulsive disorder:** unwanted and frequent thoughts and fears that can lead a person to repeat actions again and again to try to settle their anxiety
- **Post traumatic stress disorder:** long-term anxiety following a traumatic event

You may need to get more in-depth help to deal with these problems. A good place to start is to talk to your doctor. There are other organisations that can help. There is a list at the end of this guide.

# What is stress?

Stress is what you feel when your body reacts to something it thinks is a threat. Your body starts to get ready to either fight or run away from, the threat. This causes changes in your body. This is known as the **'fight or flight'** reaction.

Many things can make you feel stressed. Events like job interviews and exams can be very stressful. Day-to-day life can also cause us stress. It can be stressful trying something new or if you are having problems at work. As can dealing with other people. Money and debt issues are a common cause of stress too. This can all take its toll on the body unless you de-stress.

A certain amount of pressure can be helpful. It makes us get up in the morning. It can push us to prepare for an exam or job interview. It can get us out of situations fast without thinking, such as jumping out of the way of an oncoming car. It is when you have too much pressure that you can start to become stressed.





## You feel...

- Anxious, worried, fearful, nervous
- Tense / on edge / agitated
- Like something terrible is going to happen
- Like things are out of control

## You mind is...

- Forgetful
- Racing / hard to switch off
- Going over things again and again
- Hard to focus: jumps from one thing to another
- Overestimating danger / imagining the worst
- Thinking that you cannot cope
- Underestimating what help there is
- Unable to control or stop worrying
- Focusing on what your body feels like

## Your thoughts might be...

- "I can't cope"*
- "Things are out of control"*
- "I'm going mad"*
- "I'm going to faint/collapse"*
- "I'm going to have a heart attack"*
- "I'm going to make a fool of myself"*
- "I've got to go. Now!"*

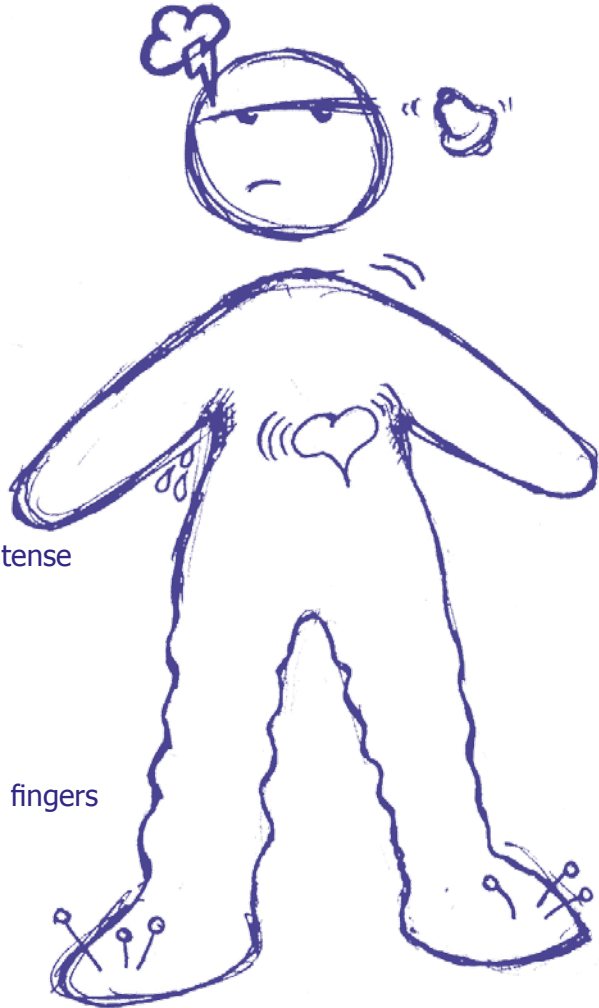
## You might behave by...

- Not being able to sit still and/or finding it hard to relax
- Starting a job before finishing another
- Avoiding places where you get anxious
- Leaving situations that make you feel stressed
- Trying to do things perfectly
- Trying to control everything to help prevent danger
- Eating more or less
- Drinking, smoking and/or taking drugs more



## Your body symptoms are...

- Can't sleep
- Dizzy
- Tired
- Tearful
- Headaches
- Blurred vision
- Pupils get bigger
- Ringing in ears
- Dry mouth
- Throat tightening
- Different tastes /smells
- Breathing fast and shallow
  - hyperventilation
- Shortness of breath
- Neck and shoulder muscles tense
- Hot and flushed
- Heart palpitations
- Heart racing
- Chest pain
- Feel sick
- Numbness/tingling toes and fingers
- Butterflies in stomach
- Need to go to the toilet
- Sweating
- Leg muscles tense
- Shaky legs/hands
- Depersonalisation
  - feel like you are not really there



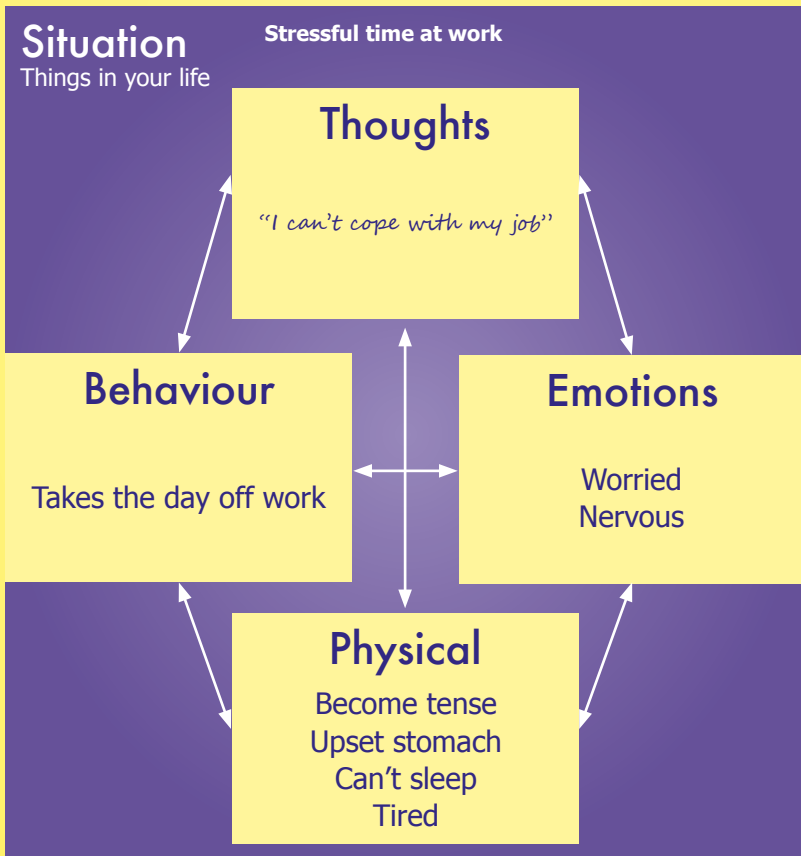
**This is how stress can affect the body  
No wonder you can feel so bad when you are stressed out.**

# What keeps stress going?

Stress can affect:

- Body (Physical)
- Thoughts
- Things in your life (situations)
- Emotions
- Things you do (Behaviour)

The arrows on the diagram below show that these five areas affect each other.



Feeling stressed can feel like it is hard to deal with. Each of these areas can make the others worse. This Ahmed's story:

Ahmed is having a stressful time at work. He thinks "*I can't cope with my job*". He then feels worried and nervous about going to work and finds it hard to sleep. His emotions make his body feel tense and upset his stomach. He also feels quite tired, so he decides to take the day off. He feels okay about this for a while. But by the end of the day he thinks even more that he can't cope with work.

This is a '**vicious cycle**'. This is because it feels as if it goes round and round and it's hard to make it stop. It also makes it harder to deal with those parts of your life that are causing you stress in the first place.

What tends to work best is to tackle this big problem a bit at a time. Look at where you may be able to break this cycle, even if it is only doing a small thing.

This booklet looks at how to break your vicious cycle. The tools can help you to de-stress your body. This makes it easier to tackle the other things that keep your vicious cycle going.

This guide will help you to start dealing with the way stress affects your body. Other booklets can help you to deal with the other areas:

- **Unwind Your Mind** can help you to manage your thoughts.
- **Sleep Well** can help you get a better night's sleep.
- **Improve Your Mood** deals with depression and low mood.
- **Work and Mental Health** can help you manage work.

You can download them free from [www.mhim.org.uk](http://www.mhim.org.uk).

# How stress affects the body

## The stress reaction ('fight or flight' system)

Your body needs to protect you from danger. Your body releases adrenaline into your blood when it senses a threat. This makes your body ready to react to the danger. It is an automatic reaction. You do not control it.

Imagine a caveman who goes out to hunt. As he walks along, a sabre-toothed tiger jumps out to attack him. He needs to **fight** it or run away (**flight**). To make this happen, his body releases Adrenaline. This makes his heartbeat and breathing faster. His blood is sent to his muscles and brain. The caveman is now more alert. His muscles have more strength. He can keep going for longer. When he has run away or fought the tiger, the effects of adrenaline wear off. His body then returns to normal.



Whenever you get stressed out, your body has this 'fight or flight' reaction. This could be when you are driving or even when opening your mail. But, you do not tend to flee or fight your way out of what has happened. This means that your stress is not 'burnt off' so your body stays stressed.

The way that stress affects your body can feel dangerous but it is normal. It is your body trying to protect you. Over the page there is a list of symptoms caused by stress. It also explains why the body has that response.

What happens	Why
Heart racing Heart palpitations	Your brain and leg and arm muscles need more blood so your heart pumps faster.
Breathing fast and shallow Shortness of breath Chest pain Tight chest	Your body needs more oxygen so you breathe faster. Your chest muscles are being used a lot to do this.
Headaches	Your brain is working overtime. More blood goes to your brain so it is ready for action.
Tense neck & shoulder muscles Tense leg muscles Shaky legs and arms	Your body is getting ready for action. More blood goes to your leg and arm muscles.
Butterflies in stomach Feeling sick	Your stomach and intestines are getting less blood.
Numbness / tingling toes and fingers	Your fingers and toes are getting less blood.
Being sick Need to go to the toilet	Your body wants to be lighter so it can escape.
Dry mouth Throat tightening	Your body does not want to digest food during fight or flight. It stops making saliva.
Sweating Hot and flushed	Your body is getting ready to cool you down. It thinks you will run away or fight.
Tired	Your body is alert and ready for action even when you are at rest. This wears the body out.
Blurred vision Pupils get bigger	Your pupils get bigger so you can better see what is around you. Your eyes take longer to focus on things that are close up.
Tearful	You can feel awful and out of control. This is upsetting. Crying is a natural response. It also helps to get rid of adrenaline.
Can't sleep Forgetful Ringing in ears Can't concentrate Strange tastes and smells Feel like you are not really there	Your nervous system is overloaded. Your brain is trying to deal with a lot, for too long.

## Hyperventilation

Sometimes when people are stressed they tend to over-breathe. This means that they take short, shallow breaths. This is called hyperventilation. It adds to the stress on the body. This can create more problems.

The body reacts by:

- Less blood goes to the brain.
  - You can feel dizzy, confused or have a sense of unreality.
  - Your vision can become blurry.
  - You can feel breathless or as if you are choking.
  
- Less blood gets to other parts of the body.
  - You can get numbness or tingling in hands and feet.
  - Your heart rate can get faster.
  - Your muscles can become tight.
  
- Chest tightness or pains
  - Your chest muscles are doing a lot of work.

Hyperventilation is not dangerous. The symptoms will get less as you take control your breathing.

## What next?

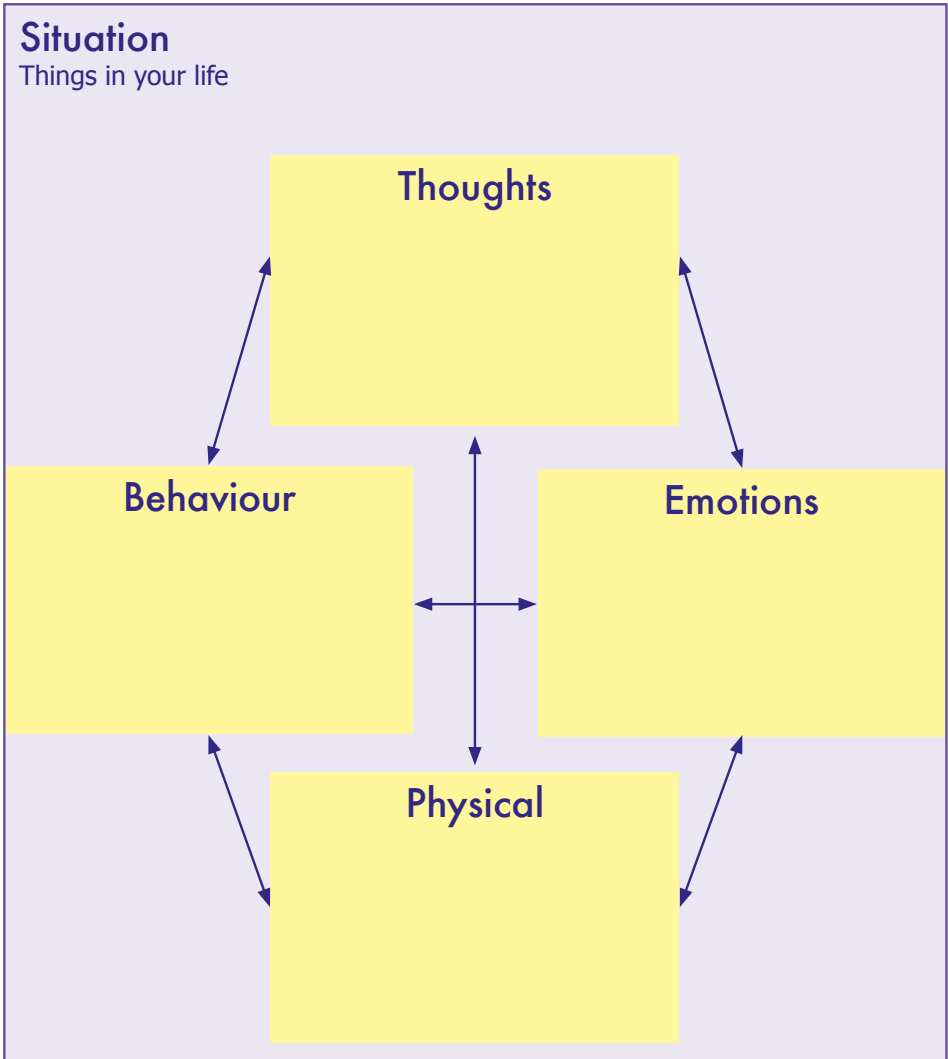
Before making changes, you need to know how stress affects you. That is what you are going to look at next in the '**See it**' section.



# See it

## What is your cycle?

Have a go at drawing your own cycle on the diagram below. Use the symptoms check list from pages 5 and 6, or think about the last time you felt stressed.





## Treat it

# Going from distress to de-stress

So now you know how stress affects your body. The good news is that you can now do something about it.

The opposite of the 'Fight or Flight' system is the '**Rest and Digest**' system. They are like two sides of a seesaw. The 'Fight or Flight' System is at one end. The 'Rest and Digest' System is at the other end. When stress is high, relaxation is low. When relaxation is high, stress is low.



**Stress**  
'Fight or Flight'

**Relaxation**  
'Rest and Digest'

**The body cannot be stressed and relaxed at the same time.**

## How to de-stress using relaxation

Often when you focus on your stress, it can make you feel even worse. This is because it sets off your 'Fight or Flight' system. What you need to do is set off your 'Rest and Digest' system. This will help your body get rid of the adrenaline. It will de-stress your body. You will be able to deal with things more easily and with a clearer head.



# Why does relaxation work?

When you relax it allows your 'Rest and Digest' system to take over. Your body can then de-stress itself. This will reduce the affect stress has on your body.

You can use relaxation skills to help your body deal with stress. They can reduce the amount of adrenaline in your blood. This means it will take more to stress you out than it did before!

Relaxation is also good for you long term. It can improve your physical health. One example is that it can lower blood pressure.

## Relaxation

'Rest and Digest'



## Stress

'Fight or Flight'

The relaxation skills covered in this guide are:

- Controlled breathing
- Progressive muscle relaxation

The next part of the guide will show you how to use them.

# Controlled breathing

Breathing is a simple way to take back control over your body. There are two parts to controlled breathing. When you start practising you need to lie down comfortably with your eyes closed. Let your arms, legs and feet flop out to the sides and let your mouth fall open if it feels comfortable.

## Part One

1. Start by breathing out (**exhale**). This empties your lungs.
2. Then breathe in (**inhale**) and count how long it takes you to fill your lungs.
3. Now exhale and take longer than it took you to breathe in.  
For example: If you breathe in to the count of three, breathe out to the count of five.
4. You could also hold your breath for a couple of seconds at the end of your inhale. Only do this if it feels comfortable for you.
5. Do this for each breath. You can then try to extend your exhale even more. Keep doing this for at least five minutes.

## Part Two

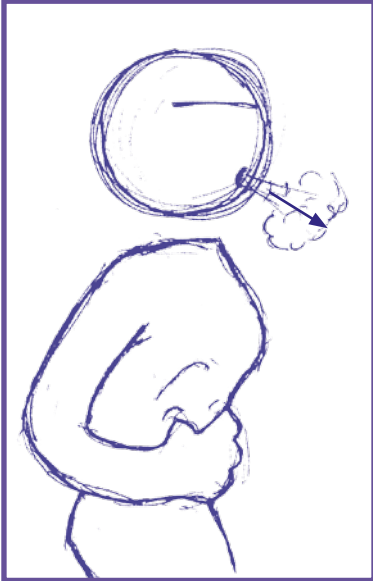
1. Take your hands and place them on your stomach - at the level of your belly button.
2. **Pull your stomach in** as much as possible to **exhale**.
3. Next **push your belly out to inhale**. Don't worry about moving your chest. You should feel your hands rise up as your stomach goes out. Breathe in as deeply as feels comfortable. See the diagram over the page.
4. Continue to breathe like this. As you exhale, feel your stomach fall. Try and breathe out as slowly as possible. Repeat for at least five minutes.

You can download some free relaxation audios from [www.mhim.org.uk](http://www.mhim.org.uk).

## Breathing diagrams

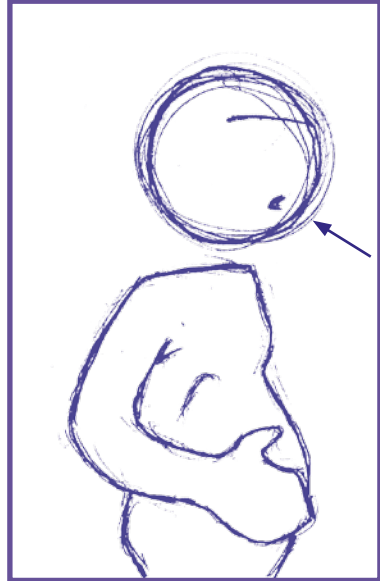
### Breathing Out

(exhaling) with the diaphragm



### Breathing In

(inhaling) with the diaphragm



### Practising is the Key

You may find that it feels weird and uncomfortable when you first start breathing this way. This is because it is different from how you have been breathing for years. There are some top tips over the page.

You may need to remind yourself to use your belly to breathe while you are getting used to it. But after a while it will become a habit. You will breathe with your belly without having to think about it. It will just happen!

## Top tips for controlled breathing

1. Practise as much as possible - try at least 2-3 times a day.
2. Get comfortable - where everything feels 'just right':
  - Not too hot, not too cold
  - Not too hungry, not too full
  - Nothing is too tight: Loosen any tight clothes and take off your shoes, watch, glasses etc if you want to.
3. Find a quiet location with nothing to distract you.
4. Choose a time of day when you feel most relaxed to begin with.
5. Make a decision not to worry about anything. If you don't do it quite right, don't worry, just practise some more.
6. Try to breathe in through the nose and out through the mouth. (Don't get too worried about this as it is better to breathe than not!)

People can feel a bit dizzy when they first start doing controlled breathing. This is because the brain gets more oxygen than it is used to. So, for the first few weeks it is good idea to sit or lie down.

Talk to your doctor if you are worried about doing this type of breathing.



# Progressive muscle relaxation

The best way to do this is to sit or lie down with your eyes closed. The idea is to tense a group of muscles as tight as possible. Hold the tension for a few seconds. Then, release. Your muscles will be able to relax more than normal.

Start with your head and move down the body to your feet. Focus on your breathing. Breathe slowly and calmly. Try to breathe in when tensing and breathe out when you relax.

Tense each muscle group in turn. Hold for 5-10 seconds. Then let go and allow the muscles to relax.

- Forehead:** raise your eyebrows
- Eyes:** tightly shut them
- Mouth:** open your mouth wide to stretch your jaw. Then, stick out your tongue
- Shoulders:** raise your shoulders up to touch your ears
- Arms:** move your wrists up to your shoulders and squeeze each arm together
- Hands:** clench your fists
- Chest:** take a deep breath
- Stomach:** suck your stomach in
- Buttocks:** squeeze your buttocks together
- Thighs:** squeeze your thighs together
- Calves:** tighten your calf muscles by pulling your toes up
- Feet:** point your feet away from you (like a ballerina)
- Toes:** clench your toes

Check your body for any tension left in your muscles. If an area is still tight, tense and relax those muscles a few more times.

You can download a free progressive muscle relaxation audio from [www.mhim.org.uk](http://www.mhim.org.uk).

## Getting a good night's sleep

Without a good night's sleep everything can feel like it is hard work. Sleeping well can be hard at times. It is even harder if you are stressed out about something (or things!).

The good news is that you can use all three of the skills to help you get to sleep at night!

So when you are lying in bed at night, try using the breathing skills. They help you to switch off. They will help your body to relax. They also give your mind something to do. The muscle relaxation skill also relaxes your body. It can help to do this if you are restless in bed at night.

The booklet '**Sleep Well**' can help you get a better night's sleep. It contains lots of information and tips. The audio tracks that go with this guide also include one about sleep. You can download them from [www.mhim.org.uk](http://www.mhim.org.uk).

**Remember to be patient, and just keep practising.**





# Beat it

## Other tips for managing stress

### Improve your physical health



**Eat well:** Your brain uses up more than 50% of the energy in the food you eat. That is why it is important to eat starchy food. This includes rice, pasta, bread and potatoes. When you do not eat well, your brain cannot work properly. Eating your 5-a-day helps improve physical and mental health. It includes fresh, frozen, canned or dried fruit and vegetables. It is also important to eat protein. This includes meat, fish, beans, tofu and quorn. Omega3 oils found in oily fish and dark green vegetables are also needed for a healthy brain. You also need to have enough liquid each day. This includes what you drink. It also includes the liquid found in your food. Read the booklet '**Food and Mood**' for more information. You can download it free from [www.mhim.org.uk](http://www.mhim.org.uk).



**Get active:** This is great for releasing stress. It can make you feel fitter and more confident. Choose something that you enjoy and can fit into your lifestyle. It could be walking while you listen to an audio book. The booklet '**Physical Activity and Mood**' has tips about getting started. You can download it free from [www.mhim.org.uk](http://www.mhim.org.uk). To find out what is on in Manchester, visit [www.gettingmanchestermoving.org](http://www.gettingmanchestermoving.org).



**Listen to music:** It can help you to relax or give you energy.



**Take time out to play:** Having fun is a great way to reduce stress.



**Get to know your body:** Try to see how stress affects your body. Use relaxation skills to reduce them as soon as they start.

## Change your behaviour



**Connect:** Build bonds with people. It can help you feel supported. It can also allow you to feel closer to others. We have always lived together in groups. Having a good set of friends and family can improve your wellbeing.



**Reduce what you have to do:** Allow some time for yourself. You can't do everything on your own, so don't be afraid to ask for help.



**Take one thing at a time:** Things can sometimes feel overwhelming. Decide what is most important. Then tackle the most essential job first.



**Treat yourself:** Take time out. Enjoy being yourself and do something just for you.



**Distract yourself:** Having something else to focus on helps to lessen stress. So you could try out a new hobby!



**Take notice:** Notice the world around you. It can put things in perspective and brighten your day. Often we can go around in autopilot and miss the little things that could improve our mood. Keep an eye out for rainbows, architecture and nature!



**Avoid self-medication:** Using drugs or alcohol can often become an extra problem.



**Ask for help if you need it:** There is a list of services from page 23 of this guide.



## Change your thoughts



**Challenge your thoughts:** Just because you think it, doesn't make it true. The '**Unwind Your Mind**' booklet can help you to do this. You can download it free from [www.mhim.org.uk](http://www.mhim.org.uk).



**Be creative:** Express yourself in some way. You could try painting, writing or dancing. The '**Get Creative**' booklet has lots of good ideas. You can download it free from [www.mhim.org.uk](http://www.mhim.org.uk).



**Give:** This is about doing something nice for others. Helping others can make you feel good about yourself. It will make them feel good too. It could be as simple as smiling at a stranger or holding a door open for someone. You could help a neighbour or friend. You could even do random acts of kindness. It can feel great to volunteer at a local community group or charity. You could meet new people, learn new skills and gain valuable experience.



**Talk to someone you really trust:** Just talking about what is stressing you out can make you feel better. You could use a telephone helpline (go to pages 28-29).



**Keep learning:** Your brain needs exercise too. So, learn or rediscover skills. It builds confidence and esteem. You will feel more able to cope with life. There are a number of life skills courses available across Manchester. One such course is called BOOST. For more information, contact Self Help Services on 0161 226 3871. There are also free computerised Cognitive Behavioural Therapy courses online. These include:

- [www.llttf.com](http://www.llttf.com)
- [moodgym.anu.edu.au](http://moodgym.anu.edu.au)
- [ecouch.anu.edu.au](http://ecouch.anu.edu.au)

## Talking treatments or therapies

You may want to access a service that can help you improve your mental health. Your doctor can suggest services that can help. In Manchester you can also ask to see a therapist yourself. **The Gateway Service** is the single-point of access to such NHS services. You will go through a referral form so they can find out what you want and need. They will then suggest which form of service will suit you best.

There are other mental health services in Manchester. More information about the range of these services can be found at [www.mhim.org.uk](http://www.mhim.org.uk). A few are listed below and at the end of the booklet.

When you attend a service they will listen to how you are feeling. They will help you to see what impacts on your mental health. They will support you to make changes to improve your mental health. Some therapies may be quite brief. Others continue for longer periods.

### NHS mental health services

#### **Manchester Mental Health and Social Care Trust**

##### **Gateway Service**

Website: [www.mhsc.nhs.uk](http://www.mhsc.nhs.uk)

Tel (9am-7pm): 0161 882 2400 (citywide)

Tel (7pm-9pm): 0161 720 2045 (North)

0161 276 5368 (Central)

0161 277 1224 (South)

Tel (9pm-9am): 0161 922 3801 (citywide)

##### **African & Caribbean Mental Health Service**

Offer a range of services to African and Caribbean people with mental health problems aged 16 and over.

Tel: 0161 226 9562

## Voluntary sector services

### Self Help Services

They offer a range of mental health services. These include:

- Psychological Wellbeing Practitioner Service (PWP).
- Computerised Cognitive Behavioural Therapy (cCBT) with support.

Website: [www.selfhelpservices.org.uk](http://www.selfhelpservices.org.uk)

Tel: 0161 226 3871

## Especially for young people

### Emerge 16/17

They offer a mental health service only for 16 and 17 year olds.

Website: [www.cmft.nhs.uk](http://www.cmft.nhs.uk)

Tel: 0161 226 7457

### 42nd Street

42nd Street offer services for young people aged 13 to 25. These include counselling, individual support, group work and volunteering.

Website: [42ndstreet.org.uk](http://42ndstreet.org.uk)

Tel: 0161 228 1888 (Mon, Thu & Fri 2pm-5pm)

### YASP

They offer services for young people aged 13 to 25, who find themselves under stress. These include internet cafe, counselling, mentoring, befriending, advice drop-in and volunteering.

Website: [www.harp-project.org/projects/project\\_yasp\\_index.php](http://www.harp-project.org/projects/project_yasp_index.php)

Tel: 0161 221 3054

## For older people

### Age Concern Counselling Service

This is a counselling service for Manchester residents aged 60 and over and their carers.

Website: [silverservice.org.uk/info-advice/counselling.html](http://silverservice.org.uk/info-advice/counselling.html)

Tel: 0800 027 57 87

## Things to do in a crisis or emergency

If you need help and support urgently:

- Contact your GP
- Go to the nearest Accident & Emergency hospital department
- Call 999 and ask for an ambulance

If you need to talk to someone contact:

- **The Sanctuary** 0161 637 0808 (11pm-9am every night)
- **Samaritans** 08457 90 90 90 (24 hour Helpline)  
0161 236 8000 (Manchester)
- **Saneline** 0845 767 8000 (6pm to 11pm daily)
- **Crisis Point** 0161 225 9500

### For more information

Manchester libraries have resources about mental health and wellbeing. There are books and guides in every branch. They also have internet access.

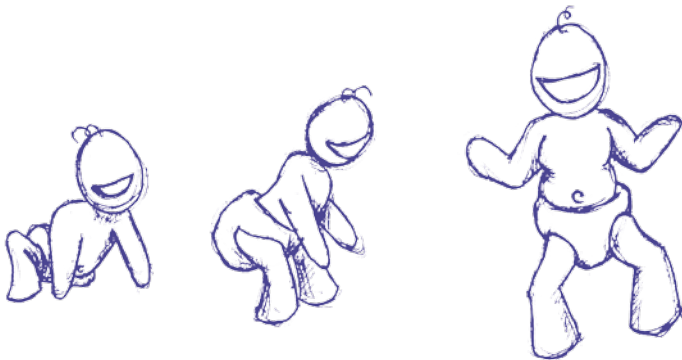
The websites below can help you find out more about depression. They also have details of local services.

- **[www.mhim.org.uk](http://www.mhim.org.uk)**: The mental health in Manchester website. It has a wide range of information. It also has some resources in a range of languages.
- **[www.selfhelpservices.org.uk](http://www.selfhelpservices.org.uk)**: Self Help Services in and around Manchester.

## Practise, practise, practise...

Things are not going to change overnight. It can be a challenge to change the way you have been doing things for so long. But, with practice it will become easier and easier. In the end, the changes will feel like second nature as you get used to them.

Do not expect too much too soon. It may take some time for you to change the way you think and feel. It is a bit like learning to walk as a toddler. We all fall over at first. You might even bang your head or graze your knee. You keep going despite these setbacks. Eventually you learn to walk. It doesn't happen overnight. It takes time and practice. It is the same for overcoming stress. It is not going to happen straight away. But, it will be worth it in the end.



# Coping with setbacks

Everyone has setbacks. Life is like that! The trick is to find ways to cope with them. When they do occur, remember that it happens to everyone. It does not mean that you have failed. It is important not to give yourself a hard time.

When you have a setback, try to remember that **you are not back to square one**. It can be easy to forget about all the progress you have already made. Try to learn from it. We often learn more from things when they don't go quite right compared to when they go smoothly. Take some time to reflect on what has happened. Try to understand why it has happened and what you can learn from it. You may be able to find a pattern to what is going on.

Finally – don't give up! Dealing with stress can take time and practice. It may take a while to notice an improvement. Remember to take some time each month to look at the progress you have made.



# Other sources of help

## Books

Anxiety and depression: a practical guide to recovery, by Robert Priest  
Feeling good: the new mood therapy, by David Burns  
How to stop Worrying, by F Tallis  
Mind over Mood, by D Greenberger and C Padesky  
Overcoming Anxiety, by H Kennerley  
Overcoming Anxiety: A 5 Areas Approach, by C Williams  
Overcoming Panic, by D Silove  
Stress Free Living, by T Powell  
Self help for your nerves, by Clare Weekes  
Stress management: a comprehensive guide to your wellbeing, by E Charlesworth  
Teach yourself managing Stress, by T Looker & O Gregson  
The Worry Cure: Stop Worrying and Start Living, by R Leahy

## Organisations

### **Alzheimer's Society**

Website: [www.alzheimers.org.uk](http://www.alzheimers.org.uk)  
Helpline: 0300 222 1122 (Mon-Fri 9am-5pm, Sat-Sun 10am-4pm)  
Tel: 0161 342 0797 (Mon-Fri 9.30am-5pm)

### **Anxiety UK**

Anxiety UK provides information and support about a range of issues to do with anxiety.  
Website: [anxietyuk.org.uk](http://anxietyuk.org.uk)  
Helpline: 08444 775 774 (Mon-Fri 9.30am-5.30pm)

### **National Debt Line**

They offer help for anyone in debt or worried about falling into debt.  
Website: [www.nationaldebtline.co.uk](http://www.nationaldebtline.co.uk)  
Helpline: 0808 808 4000 (Mon-Fri 9am-9pm, Sat 9.30am-1pm)

### **No Panic**

They offer free, advice and information about anxiety, panic and phobias. The helpline acts as a night time anxiety line which is an answer phone service only.  
Website: [www.nopanic.org.uk](http://www.nopanic.org.uk)  
Helpline: 0800 138 8889 (10am-10pm every day)

## **Relate**

They offer advice, counselling, workshops, mediation and support around relationship issues.

Website: [anxietyuk.org.uk](http://anxietyuk.org.uk)

Helpline: 0300 100 1234 (Mon-Thurs 8am-10pm, Fri 8am-6pm, Sat 9am-5pm)

## **Sane**

They work to improve quality of life for anyone affected by mental illness.

Website: [www.sane.org.uk](http://www.sane.org.uk)

Helpline: 0845 767 8000 (6pm-11pm every day)

## **Shelter**

They offer free, advice and information on housing issues.

Website: [england.shelter.org.uk](http://england.shelter.org.uk)

Tel: 0808 800 4444 (Mon-Fri 8am-8pm, Sat-Sun 8am-5pm)

## **Step Change Debt Charity**

They offer support to manage debt problems.

Website: [www.stepchange.org](http://www.stepchange.org)

Helpline: 0800 138 1111 (Mon-Fri 8am-8pm, Sat 8am-4pm)

## **The Samaritans**

The helpline provides confidential emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts.

Helpline: 08457 909090 (24 hours a day, every day)

Manchester: 0161 236 8000

## **The Silver Line**

They provide a free confidential helpline providing advice and befriending to older people.

Website: [www.thesilverline.org.uk](http://www.thesilverline.org.uk)

Helpline: 0800 4 70 80 90 (24 hours a day, every day)

## **The Stroke Association**

Website: [www.stroke.org.uk](http://www.stroke.org.uk)

Helpline: 0303 3033 100 (Mon-Fri 9am-5pm)

Tel: 0161 742 7482

## **Young Minds**

They work to improve the emotional wellbeing and mental health of children and young people.

Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)

Parent helpline: 0808 802 5544 (Mon-Fri 9.30am-4pm)



## Websites

### **[www.mhim.org.uk](http://www.mhim.org.uk)**

This is the 'Mental Health in Manchester' website. It has information about mental health issues. There are details of local services. It also includes information in a range of languages.

### **[www.gettingmanchestermoving.org](http://www.gettingmanchestermoving.org)**

There are links to health advice. There are also details about where you can be active in Manchester.

### **[www.llttf.com](http://www.llttf.com)**

This is the 'Living Life to the Full' website. It is a free, online life skills course. It covers a range of skills the help deal with everyday stresses.

### **[moodgym.anu.edu.au](http://moodgym.anu.edu.au)**

Mood Gym is a free self-help website. It covers a range of skills to help prevent and deal with depression.

### **[ecouch.anu.edu.au](http://ecouch.anu.edu.au)**

E-couch is a free self-help interactive website. It covers a range of topics. These include modules for depression, anxiety and worry.

### **[www.cci.health.wa.gov.au](http://www.cci.health.wa.gov.au)**

This website features free online self-help modules and resources.

### **[www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)**

This website offers free Cognitive Behavioural Therapy self-help information, resources and including therapy worksheets.

### **[rcpsych.ac.uk](http://rcpsych.ac.uk)**

This is the Royal College of Psychiatrists website. It is an online mental health resource.

## Local services

### Active Lifestyles

You need to be a member to attend sessions. This is free to do. You can join at your first session. There is a huge range of activities to try for only £1 per session.

Website: [www.manchester.gov.uk/activelifestyles](http://www.manchester.gov.uk/activelifestyles)

E-mail: [activelifestyles@manchester.gov.uk](mailto:activelifestyles@manchester.gov.uk)

Tel: 0161 232 3100

### Community Health Trainers

They offer support to make healthy changes. This includes help to sleep more soundly.

Website: [www.mphds.org/mphds/health-trainers/health-trainers](http://www.mphds.org/mphds/health-trainers/health-trainers)

E-mail: [healthtrainers@nhs.net](mailto:healthtrainers@nhs.net)

Tel: 0161 861 2548

### Manchester Citizens Advice Bureau

They offer free, confidential, impartial and independent advice and information on a wide range of subjects.

Website: [www.manchestercab.org.uk](http://www.manchestercab.org.uk)

Tel: 08444 111 222

### Manchester Carers Forum

They offer a range of support for carers.

Website: [www.manchestercarersforum.org.uk](http://www.manchestercarersforum.org.uk)

Tel: 0161 819 2226

### Manchester Mind

Manchester Mind offers a range of services including:

- Advice, information & counselling services
- Young Adult Advice & Support Project (YASP)

Website: [harp-project.org](http://harp-project.org)

Tel: 0161 226 9907

## **South Manchester Healthy Living Network (SMHLN)**

SMHLN covers areas of south Manchester. It offers a range of wellbeing services.

Website: [www.mhsc.nhs.uk/services/wellbeing-services/south-manchester-healthy-living-network](http://www.mhsc.nhs.uk/services/wellbeing-services/south-manchester-healthy-living-network)

Tel: 0161 217 3667

## **Stop Smoking Service (Manchester)**

This service helps people to stop smoking. It offers free NHS support and advice.

Website: [www.stopsmokingmanchester.co.uk](http://www.stopsmokingmanchester.co.uk)

Tel: 0161 205 5998

## **The Roby**

The Roby offers a range of services. It specialises in services for people from South Asian cultures.

- Counselling in a range of community languages
- South Asian Women's group
- Parent and Toddlers group
- Evolve (Drop-In)

Website: [www.theroby.org.uk](http://www.theroby.org.uk)

Tel: 0161 257 2653

## **ZEST**

Zest covers areas of north and east Manchester. It offers a range of wellbeing services.

Website: [zestactivities.blogspot.co.uk](http://zestactivities.blogspot.co.uk)

E-mail: [zest@manchester.gov.uk](mailto:zest@manchester.gov.uk)

Tel: 0161 234 3715

