A YOUNG PERSON'S GUIDE TO STRESS & RESILIENCE

NO NONSENSE TIPS AND ADVICE. :)

"TALK TO PEOPLE ABOUT YOUR PROBLEMS. DON'T KEEP IT INSIDE YOU"

IF YOU'RE FEELING STRESSED OUT
TRY TALKING TO:

- A CLOSE FRIEND OR FRIENDS
- SOMEONE IN YOUR FAMILY
- A TEACHER, DOCTOR, YOUTH WORKER
- CHILDLINE: 0800 1111
- LIFELINE: 0808 808 8000

POSITIVE COPING STRATEGIES

YOGA/ MINDFULNESS

LISTENING TO MUSIC

WALKING / EXERCISE

HOT DRINK/ TALKING TO SOMEONE

THIS LEAFLET WAS MADE BY YOUNG PEOPLE, FOR YOUNG PEOPLE. WE WOULD LIKE TO THANK ALL OF THE YOUNG PEOPLE WHO HELPED TO MAKE THIS HAPPEN!

The ATLANTIC Philanthropies

Early Intervention Transformation Programme

Northern Ireland Executive www.northernireland.gov.uk DELIVERING SOCIAL CHANGE

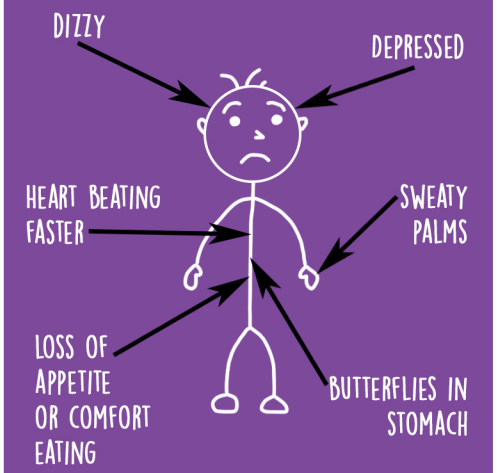
SBNI Safeguarding Board for Northern Ireland

Believe in children Barnardos Northern Ireland

WHAT IS TOXIC STRESS?

"IT'S LIKE A CONSTANT PRESSURE, SOMETHING THAT IS ALWAYS ON YOUR MIND. ALMOST LIKE A DARK CLOUD OVER YOUR HEAD I GUESS."

FEELING STRESSED?



3 TYPES OF STRESS

POSITIVE — NORMAL AND ESSENTIAL PART OF HEALTHY DEVELOPMENT. E.G. SITTING AN EXAM OR GETTING AN INJECTION.

TOLERABLE — SERIOUS TEMPORARY STRESS BUFFERED BY SUPPORTIVE RELATIONSHIPS. E.G. DEATH OF A LOVED ONE.

TOXIC — STRONG, FREQUENT AND/OR PROLONGED ADVERSITY. E.G. PHYSICAL, EMOTIONAL OR SEXUAL ABUSE.

STRESS ISN'T ALWAYS BAD!

EVERYBODY EXPERIENCES STRESS. IT'S PERFECTLY NORMAL TO FEEL STRESSED BEFORE AN EXAM OR AN INTERVIEW. STARTING A NEW SCHOOL OR JOB CAN BE STRESSFUL TOO. THAT'S OK.

BUT IF YOU ARE EXPERIENCING **EXTREME STRESS** ON A **FREQUENT BASIS** **WITHOUT ANY SUPPORT** THAT IS GOING TO HAVE A DAMAGING EFFECT ON YOUR BODY.

CAUSES OF TOXIC STRESS

A NUMBER OF THINGS ARE MORE LIKELY TO CAUSE TOXIC STRESS IN THE LIVES OF CHILDREN AND YOUNG PEOPLE. THESE THINGS INCLUDE:

ABUSE

PHYSICAL

EMOTIONAL

SEXUAL

NEGLECT

PHYSICAL

EMOTIONAL

HOUSEHOLD DYSFUNCTION

MENTAL ILLNESS

MOTHER TREATED VIOLENTLY

SUBSTANCE MISUSE

INCARCERATED RELATIVE

DIVORCE

EFFECTS OF TOXIC STRESS

TOXIC STRESS IS VERY DANGEROUS AND IT CAN HAVE LIFE-CHANGING NEGATIVE EFFECTS ON YOUR PHYSICAL AND MENTAL HEALTH. IF YOU EXPERIENCE A LOT OF TOXIC STRESS IN YOUR LIFE AS A CHILD YOU ARE MORE LIKELY TO:

- HAVE INTERCOURSE AT A YOUNG AGE
- TAKE UP SMOKING
- DEVELOP LUNG DISEASE OR HEART DISEASE
- BECOME DIABETIC
- MISUSE DRUGS
- DEVELOP LIVER DISEASE
- BECOME DEPRESSED
- ATTEMPT TO COMMIT SUICIDE

THE GOOD NEWS: RESILIENCE

THE GOOD NEWS IS: THERE ARE LOTS OF WAYS TO COMBAT TOXIC STRESS. THIS IS CALLED RESILIENCE.

RESILIENCE CHANGES TOXIC STRESS INTO TOLERABLE STRESS. RESILIENCE HELPS US TO DEAL WITH DIFFICULT SITUATIONS AND NOT JUST SURVIVE BUT ACTUALLY THRIVE AND FLOURISH.

TOP TIPS FOR BUILDING RESILIENCE

- IF POSSIBLE, REMOVE YOURSELF FROM THE SITUATION
- SPEAK TO AN ADULT YOU TRUST
- ACCEPT THAT CHANGE IS A PART OF LIVING
- TAKE CARE OF YOURSELF
- PAY ATTENTION TO YOUR OWN NEEDS AND FEELINGS
- TRY DEEP BREATHING OR MINDFULNESS
- KEEP THINGS IN PERSPECTIVE
- GET AT LEAST 8 HOURS SLEEP
- EAT HEALTHY FOOD AND STAY ACTIVE
- HANG OUT WITH YOUR MATES AND SHARE YOUR PROBLEMS WITH THEM
- DO THINGS YOU LOVE; SPORT, MUSIC, READING, WATCHING MOVIES ETC.
- IT'S OK TO TALK!

IF YOU FEEL LIKE YOUR LIFE IS IN DANGER, PHONE THE POLICE ON 999 OR TALK TO SOMEONE BY CALLING LIFELINE ON 0808 800 8000.

WHEN I'M STRESSED I ...

"GO FOR A WALK AND CLEAR MY HEAD." SHARON, 19.
"DRINK A CUP OF TEA." SIMON, 13.
"GO TO THE GYM AND LISTEN TO MUSIC." HARRY, 17.
"TALK TO A FRIEND." MICA, 15.
"GO FOR A WALK OR EXERCISE." RICARDO, 16.
"TAKE 5 AND HAVE A NICE CUP OF TEA." EMMA, 17.
"TAKE MY DOGS FOR A WALK." NIKKI, 20.
"PUT MY HEADPHONES IN AND LISTEN TO MUSIC." THOMAS, 17.
"GO TO THE CINEMA, WATCH T.V., OR PLAY VIDEO GAMES." – AARON, 16.