



Integrated Specialist Public Health Nursing School Nursing Newsletter

November 2022

The core ambition of the Integrated Specialist Public Health Nursing Service (ISPHNS) School Nursing team is to promote healthier, happier children and young people, who are ready to take advantage of positive opportunities and able to reach their full potential.

National Stress Awareness Day, November 2nd 2022

What is Stress?

Stress is the body's reaction to feeling threatened or under pressure. It's very common, and can be motivating to help us achieve things in our daily life and it can help us to meet the demands of home, work and family life.

However, too much stress can affect our mood, our body and our relationships—especially when it feels out of control. It can make us feel anxious and irritable, and affect our self-esteem.

Experiencing a lot of stress over a long period of time can also lead to a feeling of physical, mental and emotional exhaustion, often called burnout.

[Stress - Every Mind Matters - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Stress Management Tips for Kids and Teens! - YouTube](#)

Mindfulness is a really helpful skill as it allows us to pay full attention to what is going on around us right now. It means slowing down and taking notice of what you are doing.

It is useful as it helps us to keep focused, stay calm and not to get too upset or worried. It gives us a chance to listen to others, be more patient and considerate allowing us to feel happier and enjoy things more.

[Mindfulness - NHS \(www.nhs.uk\)](http://www.nhs.uk)



Caring, Learning
& Growing Together

Stress Awareness Month



STOP



Relax
Daily



Let Go of the
"Shoulds"



Get Some
ZZZs



Seek out
Support

