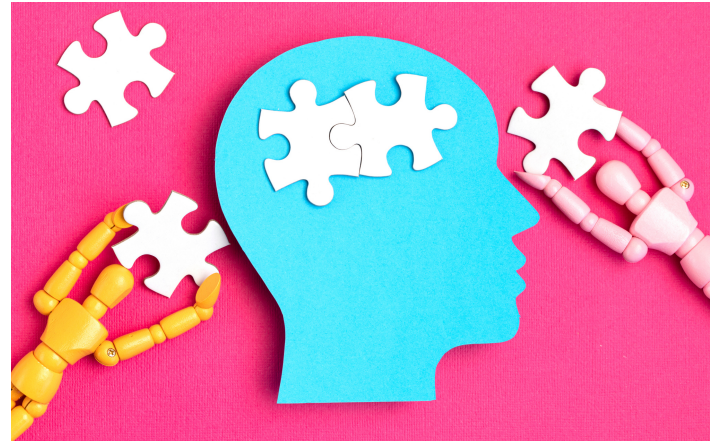


# SOS WEEKLY

SUPPORTING OUR STAFF  
HEALTH & WELLBEING

MARCH - WEEK 9 - 2022



## STRESS AWARENESS MONTH

April is **stress awareness month**, and in 2022 it seems more people than ever before are feeling stress. Research from the Mental Health Foundation has found that in the last year 74% of UK adults have felt so stressed at some point that they have felt overwhelmed or unable to cope. And the Stress Management Society has found that 65% of people in the UK have felt more stressed since the COVID-19 restrictions began in March 2020.

### What is stress?

If you feel overloaded by demands being placed on you, or your reaction to being put under pressure is to feel upset, worried, or unable to cope, you might describe yourself as feeling stressed. Stress is not a weakness, and no one should feel they will be judged if they admit they are struggling dealing with stress. Stress can affect anybody.

## ONLINE & ONSITE RESOURCES

- Stress Management Society ([www.stress.org.uk](http://www.stress.org.uk)) find out about what stress really is, how to identify its triggers and a wealth of info on managing it both at home & work
- MIND ([www.mind.org.uk](http://www.mind.org.uk)) through the website you can access info on stress in general, how it can impact on your mental health and shows you how to develop emotional resilience to cope with it.
- Mental Health Foundation ([www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)) shares some great podcasts and animations focused on how we can help ourselves

Book an appointment with our clinical psychologist, or speak to a Staff Wellbeing chaplain at;

[KHFT.staffwellbeingappointments@nhs.net](mailto:KHFT.staffwellbeingappointments@nhs.net)

# SYMPTOMS OF STRESS



Use the exercise below to help ensure you have a stress free day

## DAILY DESTRESSING PLANNER

### THE MOST URGENT TASK

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### TASKS WITHOUT TIME PRESSURE OR RISK FACTORS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

NOTES:

### DELEGATE

ASK YOURSELF:

WHY AM I DOING THIS NOW?  
WHY AM I DOING THIS NOW?  
WHY AM I DOING THIS NOW?

NOTES:

### SELF-AWARENESS QUESTIONS

- WHEN ARE YOU MOST PRODUCTIVE?
- ARE YOU A MORNING OR AN AFTERNOON PERSON?
- WHAT IS THE FIRST THING YOU DO IN THE MORNING?
- HOW DO YOU FEEL IN THE AFTERNOON?
- ARE YOU SAVING UP OR DELAYING TASKS TO WHEN YOU HAVE THE LEAST AMOUNT OF CONCENTRATION AND HEADSPACE?
- IS THIS THE BEST USE OF YOUR TIME, FOCUS AND ENERGY?

### DUMP ZONE FOR IDEAS (TO DEAL WITH LATER)

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FOCUS ON TODAY'S TASKS AND DUMP THE REST FOR LATER!



## MOOD BOOSTING RECIPE DARK CHOCOLATE BROWNIE & SEA SALT

Yes, you've read it right...  
Chocolate can be good for you :)

- 120g Unsalted Butter
- 120g Dark chocolate chips
- 240g Caster sugar
- 2 Eggs
- 1 Teaspoon Vanilla
- 80g Dark Cocoa powder
- 120g Flour
- 1/2 Teaspoon Sea salt

- Preheat oven to 180 Degrees
- Mix Cocoa, Flour, Salt & baking powder until smooth
- Melt butter in separate bowl and add in chocolate chips and sugar - stir until all blended
- Add vanilla and eggs to wet mixture, then add into the dry ingredients
- Pour into greased baking tray and cook for approx 25 mins
- Remove from oven and allow to cool before enjoying the benefits of chocolate