



Living Well
North Tyneside
Supporting Health and Wellbeing

What is Stress Awareness Month?

Stress Awareness Month has been held every **April** since 1992 to increase public understanding of stress, its causes, and how it can impact our mental and physical health. The campaign also highlights the importance of self-care, resilience, and seeking support.

While short bursts of stress can help us deal with immediate challenges, chronic or extreme stress can have a serious effect on both body and mind, leading to anxiety, depression, heart problems, sleep issues, and more.

What causes stress?

Stress can come from various sources, including:

- Major life changes (bereavement, job loss, or moving home)
- Financial difficulties
- Relationship problems
- Work pressures
- Health concerns
- The cumulative pressure of daily life

Even seemingly small, everyday stressors can build up and become overwhelming if not managed.

Why do we need Stress Awareness Month?

- To raise awareness of stress as a public health issue
- To promote open conversations about mental health
- To encourage individuals to spot the signs of stress in themselves and others
- To share practical tools and techniques to manage stress and improve wellbeing

How to Celebrate and Take Part in Stress Awareness Month

1. Learn and Share

Educate yourself on the signs of stress and coping mechanisms. Share what you learn with friends, family, or colleagues.

2. Practice Stress Reduction Techniques

Try meditation, deep breathing exercises, regular physical activity, journaling, or yoga. Even taking a short break and getting outside in nature can make a difference.

3. Talk About It

Start conversations in your workplace, school, or community. Reducing stigma makes it easier for people to ask for help.

4. Join the '30 Day Stress Awareness Challenge'

The Stress Management Society invites people to pick one action each day to help reduce stress — either for themselves or others.

5. Promote Healthy Work Environments

Employers and organisations are encouraged to promote stress awareness through wellbeing initiatives, training, and creating spaces for open discussion.

How to Be Involved in North Tyneside

• **Tyneside and Northumberland Mind** - Local mental health services offering counselling, support groups, and stress management resources.

• **North Tyneside Talking Therapies (NHS)** - A free service for anyone feeling overwhelmed by stress, anxiety, or low mood.

• **Everyturn Mental Health** - Formerly Mental Health Concern, this organisation provides services across the region to support people with stress and other mental health issues.

Useful Links

The Stress Management Society — resources and toolkits.

NHS: How to manage stress:NHS Stress Advice

Mental Health Foundation: Stress: Visit MHF

Mind: Stress information and support: Visit Mind

A reminder:

Stress is part of life, but it doesn't have to take over. By understanding it, talking about it, and taking small daily actions to reduce it, we can all protect our mental and physical wellbeing.

Related Links

- [The Stress Management Society](#)
- [NHS: How to manage stress:](#)
- [Mental Health Foundation: Stress](#)
- [Mind](#)
- [Tyneside and Northumberland Mind](#)
- [North Tyneside Talking Therapies \(NHS\)](#)
- [Everyturn Mental Health](#)

Last Updated - 31st March 2025

