

APRIL IS
STRESS AWARENESS
MONTH 2025
Together we can
#LeadWithLove



1. Talk openly and freely with family, friends and colleagues about stress and its effects to lessen the stigma attached to it
2. Tell others about your coping strategies, if anything has helped you why not tell them. It might benefit someone you care about and in the meantime, it might help you take your focus off your own challenges.
3. We will all inevitably encounter stress and worry at some point in our lives, therefore show empathy and compassion to people who are experiencing these emotions.
4. We all need to consider self-care more. Take care of yourself, set aside some time during the day to unwind or engage in an enjoyable activity. Even when you are under a lot of stress, remember to eat healthily and exercise.
5. Making sure you are still taking care of yourself is the most important thing you can do when you are feeling stressed. Learn to say no to requests that are too much for you.
6. #LeadWithLove – a powerful call to action rooted in the principles of unconditional positive regard.
7. This year's theme encourages us to approach ourselves and others with kindness, compassion and acceptance no matter the challenges we face.

www.nhs.uk/every-mind-matters/mental-health-issues/stress/

www.youngminds.org.uk/professional/resources/stress-bucket-activity/

www.mind.org.uk/information-support/types-of-mental-health-problems/stress/managing-stress-and-building-resilience/

www.nhs.uk/every-mind-matters/mental-wellbeing-tips/self-help-cbt-techniques/

Support is Available

Parents and carers if you would like further help or support for your child or teenager, Send a message to:

07312 263 080

Receive an answer within one working day from a qualified school nurse. Monday to Friday, 9am-4.30pm.



Young people in Hounslow can text a school nurse for confidential advice and support:

07507 333176

Learn more at: bit.ly/ChatHealthPrivacy