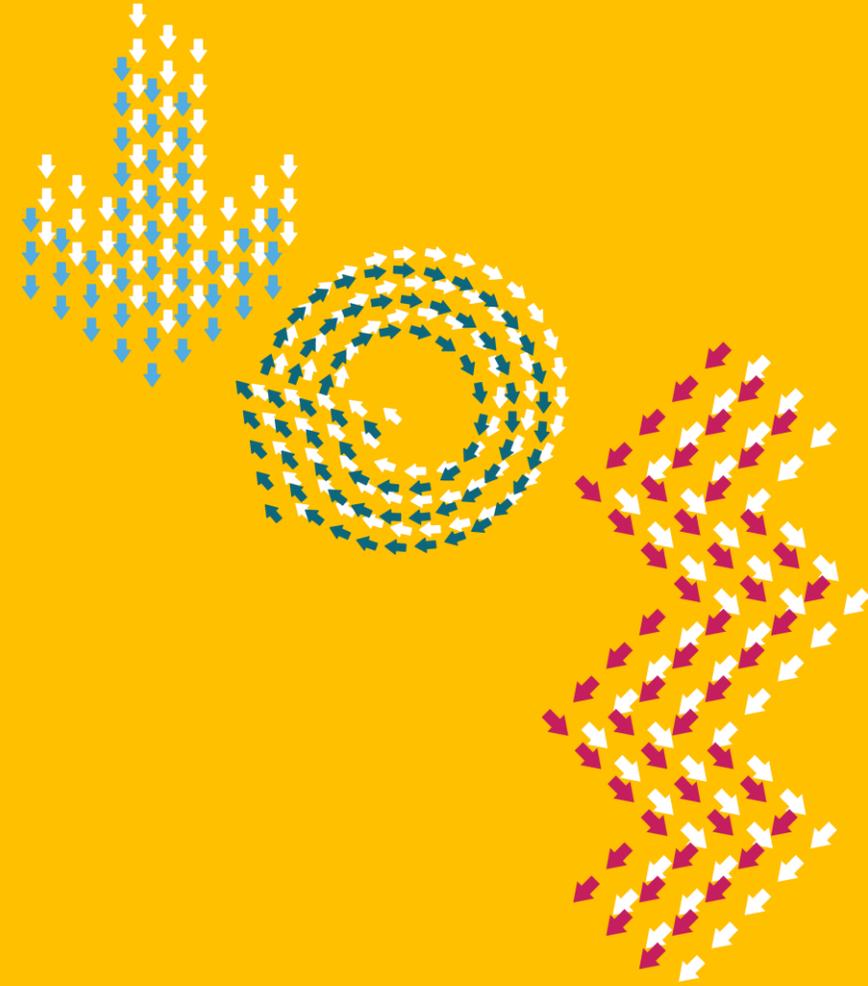


STRESS, ANXIETY AND DEPRESSION – LOOKING AFTER YOUR MENTAL HEALTH



www.cassbristol.org

Social: @CASSbristol

- It's important now more than ever to remember that as well as physical health, we all have mental health too
- Many of us will be experiencing some of the signs of Stress, Anxiety or Depression at the moment
- For most of these, any symptoms will not seriously impact our lives. Making time to do things we enjoy and finding time for ourselves can help us feel better, as can talking to someone we trust, mindfulness and gratitude exercises,
- We can also learn to recognise when we need some extra self-care and what strategies work for us, and when we might need some outside support

STRESS

- Tension we feel in our bodies as a response to changes in our lives
- A little stress can be good and can give us focus and motivation. Too much can leave us on high alert all the time, and unable to switch off.

SIGNS AND SYMPTOMS: Stress can affect us many different ways:



EMOTIONALLY

Irritability
Anxiety
Low self-esteem



MENTALLY

Worrying
Inability to concentrate
Inability to make decisions



BEHAVIOURALLY

Drinking or smoking more
Biting nails
Snapping at people



PHYSICALLY

Headaches and dizziness
Aches and pains
Difficulty sleeping

ANXIETY

- A feeling of unease, like worry or fear
- We often feel some anxiety when circumstances are out of our control. Some people find it very hard to control their worries and rarely feel relaxed.

SIGNS AND SYMPTOMS: Anxiety can cause mental and physical symptoms:



Feeling restless or worried



Dizziness



Having trouble concentrating or sleeping



Rapid heartbeat

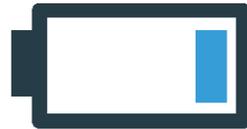
DEPRESSION

- A low mood that lasts for a long time.
- Depression can be mild, where your mood is constantly low, or severe, so you feel life is no longer worth living

SIGNS AND SYMPTOMS: You might feel sad and hopeless, lose interest in things you used to enjoy and feel tearful. You may also:



Make less effort to speak to family and friends



Sleep badly



Have aches and pains



Have no appetite



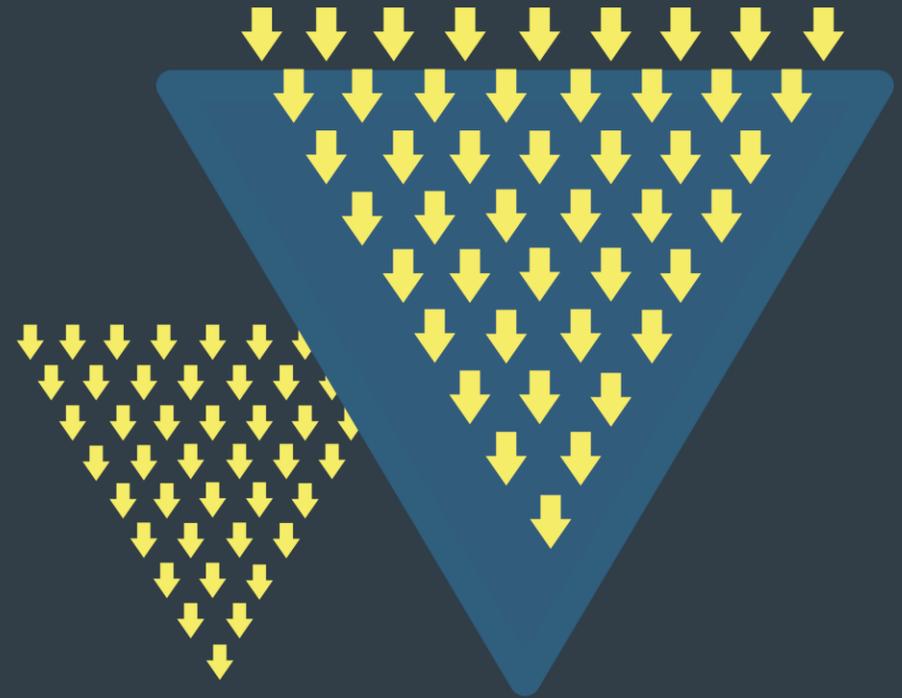
Feel constantly tired

USEFUL CASS RESOURCES

The [resources section](#) of our website contains lots of materials that can help with self-care and signposting others, including:

- Local and national services who can offer mental health support, during lockdown, including faith-specific services, via <http://www.cassbristol.org/covid19-directory/>
- [Full Stress, Anxiety and Depression for Covid-19](#) booklet
- [Grief](#) booklet
- [Flowchart](#) of services in Bristol
- Leaflet for [Faith Communities](#)

WHAT IS GRIEF? – LOOKING AFTER YOUR MENTAL HEALTH



- **Grief is the normal process of reacting to a loss. When we experience grief we go through a process of adapting to loss: mourning. The period when we feel grief and we mourn is referred to as bereavement**
- **Most of the time, people associate grief with the death of someone they care about, however we can feel grief following other losses such as family breakdown, losing a job, illness or going through life-changing events**
- **Experiences of grief, bereavement and mourning vary between people, and can be influenced by faith, culture, the nature of the loss and the time spent anticipating it.**

- **Grief can be an uncomfortable feeling, but it is the process that allows us to come to terms with loss. If we do not allow ourselves to feel grief and express our emotions, our mental health may be affected. We may find ourselves:**
 - **Feeling depressed or anxious**
 - **Blaming ourselves or others**
 - **Relying on unhealthy coping strategies**
 - **Experiencing intense and overwhelming grief when it is not safe or appropriate.**
- **Many cultures have rituals and traditions around grief and bereavement which help us say goodbye and come together to share feelings. Participating in these might make feelings more intense, but they can help with moving through the process of grieving.**

SIGNS AND SYMPTOMS: Grief can be experienced in many ways. The process is not fixed and feelings can last for many months or years, returning even after we feel we have finished mourning. It can affect us:



EMOTIONALLY

Anger
Sadness
Guilt
Anxiety
Despair
Shock
Resentment



SOCIALLY

Withdrawing
Changes in attitudes to others
Changes in relationships
Acting in uncharacteristic ways



MENTALLY

Inability to concentrate
Restlessness
Forgetfulness
Over-worrying



PHYSICALLY

Difficulty sleeping
Changes in appetite
Illness
Lack of energy
Aches and pains

- Many people are experiencing grief due to the current pandemic. This can result from the death of a loved one, or adapting to the loss of their ability to live life as they previously did
- Funeral and burial traditions have been changed and restricted, changing the way people mourn and express their grief
- Fewer people are able to attend funerals
- Many people are having to cope with grief and bereavement in isolation and without the direct support of family and friends.

Look after yourself by eating, sleeping and staying active – outdoors if you can or in your home

Stay in touch with friends and family with texts, phone or video calls

Ask for help if you need to from family friends or neighbours, or contact local organisations for extra support

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