

# Lower stress



## What is stress?

Stress is the body's physical response to a real or perceived threat, demand or danger (e.g. a job interview or a break-up). When you feel threatened, your body releases stress hormones, which prepare the body to respond. This is called the 'fight or flight' response.



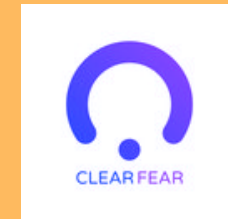
Scan the QR code to get more advice from Good Thinking.

## Free resources



### Meditainment (app)

Be guided to an island paradise, secret garden or tropical sands to help you feel calm when feeling stressed.



### Clear Fear (app)

An App that uses effective therapeutic techniques to help you reduce anxiety.



### Feeling Good Teens (app)

Feeling Good Teens helps you feel calm through active relaxation and breathing exercises, from age 10+.



### How to deal with stress (article)

Get professional advice on how to deal with stress.



### It's okay to not be okay! by Paige Keen, aged 15 (blog)

Read about one person's journey to overcoming stress.

### Urgent support

If you're struggling with your mental health, you can contact NHS trained advisors 24/7 for free support and advice. Find out more about the urgent support that is available [here](#).

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# Improve sleep



## What is a sleep disorder?

Sleeping too little or too much? Waking in the night? Feeling irritable during the day? Sleep disorders can occur for lots of different reasons, including illness and stress, and may affect your hormone levels, mood and weight.



Scan the QR code to get more advice from Good Thinking.

## Free resources



### Meditainment (app)

Be guided to an island paradise, secret garden or tropical sands, to help you unwind and sleep better



### Symptoms of sleep disorder (article)

Understand more about sleeping problems.



### Types of sleep disorder (article)

Find out more about different sleeping issues.



### Getting Better Sleep : Common questions & top tips (workbook)

Read professional advice on how to sleep better.



### Benefits of healthy sleep patterns (podcast)

Listen to an expert in sleep medicine and learn what you can do to improve your sleep.

### Urgent support

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# Boost mood



## What is a mood disorder?

If you have a mood disorder, you may feel sad, hopeless or irritable or you may alternate between feeling very low and excessively happy. Your emotional state and mood may be out of character and may make your daily activities more difficult.



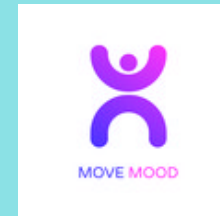
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## Free resources



### Combined Minds (app)

Trusted advice for family or friends who are supporting a young person who is struggling with their mental health.



### Move Mood (app)

Boost your mood and increase your motivation by setting the goals you want to achieve.



### Types of Mood Disorder (article)

Understand more about how your mood can affect your mental health.



### How to look after your Mental Health (article)

Learn more about what you can do to improve your mental health.

### Urgent support

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# Reduce anxiety



## What is anxiety?

Anxiety can be described as a feeling of unease that can be mild or severe. It's natural to feel worried or scared in certain situations and at certain times (e.g. ahead of an exam or when you're meeting new people) but, if you have an anxiety disorder, intense feelings of anxiety might become overwhelming.



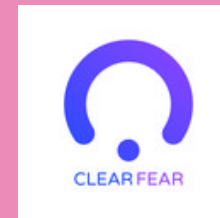
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## Free resources



### Combined Mind (app)

Trusted advice for family or friends who are supporting a young person who is struggling with their mental health.



### Clear Fear (app)

An App that uses effective therapeutic techniques to help you reduce anxiety.



### Symptoms of Anxiety (article)

Understand more about how anxiety can affect you.



### Mindfulness (workbook)

This Workbook will help you use Mindfulness to feel calmer and happier.



### Why a micropause can help your mental health today (podcast)

Listen to an expert in mindfulness share the small things you can do every day to reduce anxiety.

### Urgent support

If you're struggling with your mental health, you can contact NHS trained advisors 24/7 for free support and advice. Find out more about the urgent support that is available [here](#).

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