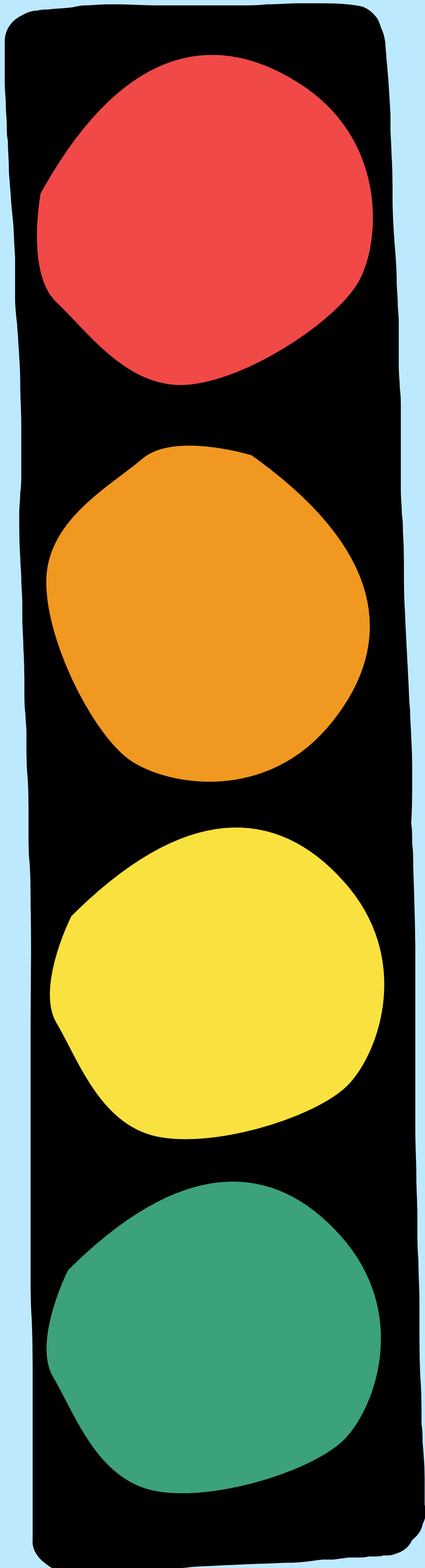


The 4 Zones of Stress



ILL

- Self-harm
- Serious depression
- Chronic anxiety
- Addictions
- Feeling suicidal
- Need medical help

What To Do

Make an appointment with a GP as soon as possible

Find a crisis service that can help at www.e-wellbeing.co.uk

Call the Samaritans in confidence on 116 123 (free to call 24h a day.)

INJURED

- Serious distress
- Can't sleep
- Rage or addictive behaviour
- Panic attacks or nightmares
- Personality changes

What To Do

Talk to someone who is qualified to help, a counsellor or your GP

Find a crisis service that can help at www.e-wellbeing.co.uk

Call the Samaritans in confidence on 116 123 free to call 24h a day.)

REACTING

- Worried
- Irritable
- Sad
- Feeling negative about yourself

What To Do

Talk to someone you trust

Fit in time for an activity that helps you relax e.g. exercising, cooking, listening to music, down time with friends and family

Try using a free relaxation app

READY

- Good to go
- Fit and focused
- Feeling okay

What To Do

Go for it, tackle your next challenge!