



MASTERCLASS

Managing stress toolkit



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Supported by



Managing stress

Spotting and acting on the early warning signs of stress can make a huge difference to your mental health. Stress can affect the way we feel, behave and have physical side effects too.

You can use the information in this toolkit to:

- ✓ understand what stress is
- ✓ recognise the causes of stress
- ✓ learn practical techniques to cope with stress

What is pressure?

Pressure helps us to be effective at home and work. If we don't have enough pressure we can become demotivated and bored, but too much pressure can cause us to feel overstretched and become stressed.

We need an optimum amount of pressure to be effective.

We are all individuals with different amounts of pressure and we respond to these pressures differently.



Causes of stress

We all have different pressures at home and work. Think about individual pressures you have:

What is stress?

Stress is the response we have to negative situations or high levels of pressure placed on us.



What happens when we are stressed?

Use these to choose how you feel emotionally, physically and how you might behave when you are stressed:

How do I feel?

Irritable or aggressive

Nervous or afraid

Racing thoughts or unable to switch off

Unable to enjoy yourself

Lost sense of humour

Sense of dread

Other:

Do I have physical symptoms?

Tired all the time

Frequent headaches

Chest pains

High blood pressure

Poor or disturbed sleep

Other:

How am I behaving?

Unable to make decisions

Smoking or drinking more than usual

Restless, can't settle

Eating too much or too little

Other:

Coping with stress

Top tips for coping with stress and releasing some of the pressure to help you perform:

1. Identify your triggers

By recognising what pressures you have and what triggers stress, you can start to anticipate problems and plan how to solve them.



Issues that come
up regularly

One-off event I
worry about

Ongoing stressful
events

2. Get organised

Organising your time can help you feel more in control. Identify the best time of day for you to do the tasks that take the most energy or concentration at that time.

Things I have to do:
(Write them all down, then rank them in order of importance)

Tip: Try varying your tasks to balance the ones you enjoy with those that are more stressful.

3. Accept things you cannot change

There are always going to be things outside of your control. Focus your time and energy on things you can do instead.

Building your resilience to stress

Don't try to change everything at once, start with small steps to improve each area:



Talk about your feelings



Eat well



Keep in touch



Take time for you



Accept who you are



Stay active



Drink sensibly



Ask for help



Do things you are good at



Care for others



Get enough sleep (recharge)



Maintain your hygiene



Lighthouse Construction Industry Charity

Lunch and Learn Masterclass

- > Balancing life and work
- > Managing stress
- > Mindfulness for beginners
- > Resilience building

The Lighthouse Construction Industry Charity is the only charity in the UK and Ireland to provide 24/7 financial and emotional support to construction workers and their families.



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