



# SEPTEMBER/OCTOBER NEWSLETTER 2019



## SAFEGUARDING : STRESS AWARENESS

### Welcome

Welcome to the newsletter, we'll be updating the newsletter every other month with regular hints, tips and advice. This newsletter is focused on stress awareness.

### What is stress?

Stress is the body's reaction to change and can be caused when change occurs under pressure. Stress can have a massive affect on ones mind and in some cases are the trigger to further mental health issues such as depression and anxiety.

Stress effects us all so it's important that we know how to manage it to maintain a healthy mind set. If you have never been stressed I doubt you are human as it's unfortunately a very common emotion to occur. This newsletter will make you aware of damaging affects stress can have on someone.

### Shocking statistics

All statistics are from a, ' yougov' poll from 2018.

- Its has been calculated that 74% of people have felt levels of stress that has deemed them unable to cope
- 46% of people started eating unhealthily due to rising stress levels
- 29% started drinking or increased their drinking
- 16% stated they increased smoking or started smoking due to stress.
- If habits such as theses become more common stress could be a cause to cancer
- 51% revealed that because of stress they have become depressed

### Symptoms of Stress and Advice

Thinking your stress will magically disappear from a squishy plush ball is not the advice you should give to someone who is stressed. The bullets points below show some of the symptoms and tips towards stress.

#### **Some symptoms include:**

- Spending more time alone
- Increased anger
- Stopped doing things you enjoy

#### **Here are some tips to busting stress:**

- Be active, exercise and sport is great for taking your mind of things
- Talk to people, when you have support from others this can diffuse stress
- Make sure you have time to yourself



# NEWSLETTER

### Safeguarding Team

Contact Steadfast Training's Safeguarding team on 0845 223 2401 or email [sonia.roberts@steadfasttraining.co.uk](mailto:sonia.roberts@steadfasttraining.co.uk) or [ian.gow@steadfasttraining.co.uk](mailto:ian.gow@steadfasttraining.co.uk)

**For more information on stress check out these websites below:**

<https://www.nhs.uk/conditions/stress-anxiety-depression/reduce-stress/>

<https://www.mind.org.uk/workplace/national-stress-awareness-day/>

<https://www.mentalhealth.org.uk/publications/how-manage-and-reduce-stress>



## 9 Protected Characteristics;

- Age
- Disability
- Gender Reassignment
- Marriage & Civil Partnership
- Pregnancy & Maternity
- Race
- Religion or Belief (including lack of belief)
- Sex
- Sexual Orientation

## The Prevent Duty

The Prevent Duty is part of the government strategy to reduce the risk of Extremism, Terrorism and Radicalisation. Extremism is the holding of extreme political or religious views. How can we prevent it? Whilst the signs are different in each case, we can see some of or a mixture of these changes in dress, clothing or social groups, secretive behaviour,

showing sympathy for extremist causes, advocating extremist messages, glorifying violence, accessing extremist literature and imagery, showing a mistrust of mainstream media reports and belief in conspiracy theories and appearing angry about governmental policies, especially foreign policy

Report possible terrorist activity online If you are concerned about someone or see anything suspicious call the local police or the police anti-terrorist hotline on 0800 789 321.

You can also report it online on the Met police website.

## British Values

British Values are defined as;

- Democracy
- The Rule of Law
- Individual Liberty
- Mutual respect for and tolerance of those with different faiths and beliefs and for those without faith.

**If you wish to raise an issue of safeguarding for a learner or individual related to Steadfast Training Ltd in any way, please contact the centre immediately on: 0845 223 2401.**

For more information on anything covered in the newsletter, feedback or ideas for the next issue, please contact us on [info@steadfasttraining.co.uk](mailto:info@steadfasttraining.co.uk).