

What is Distress?



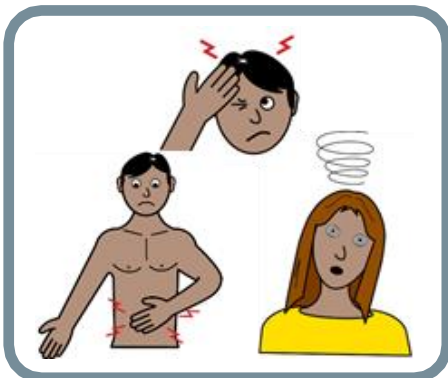
Distress is when you are very upset. It is not a nice feeling.

When you have too much to deal with you can become **distressed**.



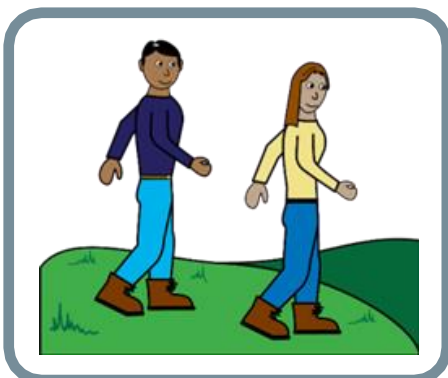
If you are distressed you might **feel**:

- Sad
- Panic
- Scared
- Angry



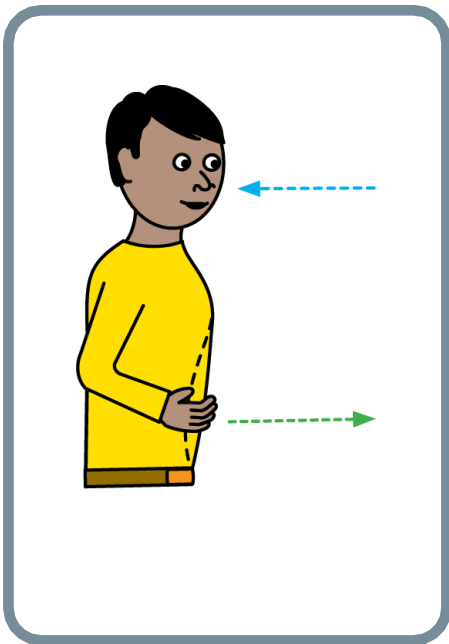
If you feel distressed for a long time you might get **headaches** or **stomach aches**.

You might feel **dizzy** or **numb** if you are distressed.



You might feel better if you go **outside** for some fresh air or a walk

You should try to **talk** to your friends and family about how you feel and any worries you have.



You could try a **mindful breathing exercise**. You could do this by yourself or with support.

- 1) Sit on a chair comfortably with your feet on the floor
- 2) Put your hands on your knees. Push your feet into the floor, and then relax them,
- 3) Take a deep breath in through your nose, and out through your mouth.
- 4) Do this for ten breaths. Focus on your belly moving in and out with each breath.



Leeds Mind provides a counselling service.

 Tel: **0113 305 5800**

<https://www.leedsmind.org.uk/services/counselling/counselling/>



Mencap has a helpline you can ring to talk to someone.

Mencap can give you information about other services in your area

 Tel: **0808 808 1111** (Mon-Fri, 10am-3pm)
<https://www.mencap.org.uk/>