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Cardiology Health Promotion Talk: **Stress and Anxiety**



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We will cover

- Who are Talking Therapies?
- What is stress?
- Cognitive Behavioural Therapy (CBT)
- Support we offer
- How to refer to us if needed



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Who are we?

- Free NHS service based across Berkshire
- Friendly and approachable team
- Adults aged 17+
- Life with / after a physical health condition can be overwhelming or difficult to manage – we are here to help
- We also work with stress, anxiety, depression and phobias

What is stress?

= When there is too much on our plate and we feel we cannot cope with it all



Linking mind and body...

Talking
Therapies

Talking
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Chest pain

Worrying

Racing heart

Change in appetite

Rushing around

Fatigue

Tearful

Nausea/upset stomach

Forgetting things

Headaches

What are the symptoms?

Panic attacks

Procrastinating

Trouble sleeping

Withdrawing socially

Irritability

Working longer hours

Poor concentration

Increased
alcohol or
drug use

Weight loss

Linking mind and body...

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Fight or Flight?





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What causes stress?

- Stressors can be things or situations we see as 'positive' or 'negative'
- **Stressors vary from person to person**
- **Common themes:** change (losing someone, relationship breakdown, moving home, illness), unemployment/work, relationships (family, colleagues, friends), threat to your safety or security



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How do you manage stress?



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Ways to manage stress

- **Exercise**
- **Diet** – small, frequent portions, planning, limit alcohol, caffeine and sugar
- **Sleep**
- **Talk** to friend/ family member
- **Balance** of activities
- **Problem solving**
- **Relaxation / mindfulness**



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Relaxation Exercises

The relaxation exercises given below are based on a technique known as Progressive Muscular Relaxation (PMR) which we hope will help you to relax your mind and body.

Please note: If you have physical health issues such as back problems we recommend that you speak to your GP before trying these relaxation exercises. Please do not play these whilst driving

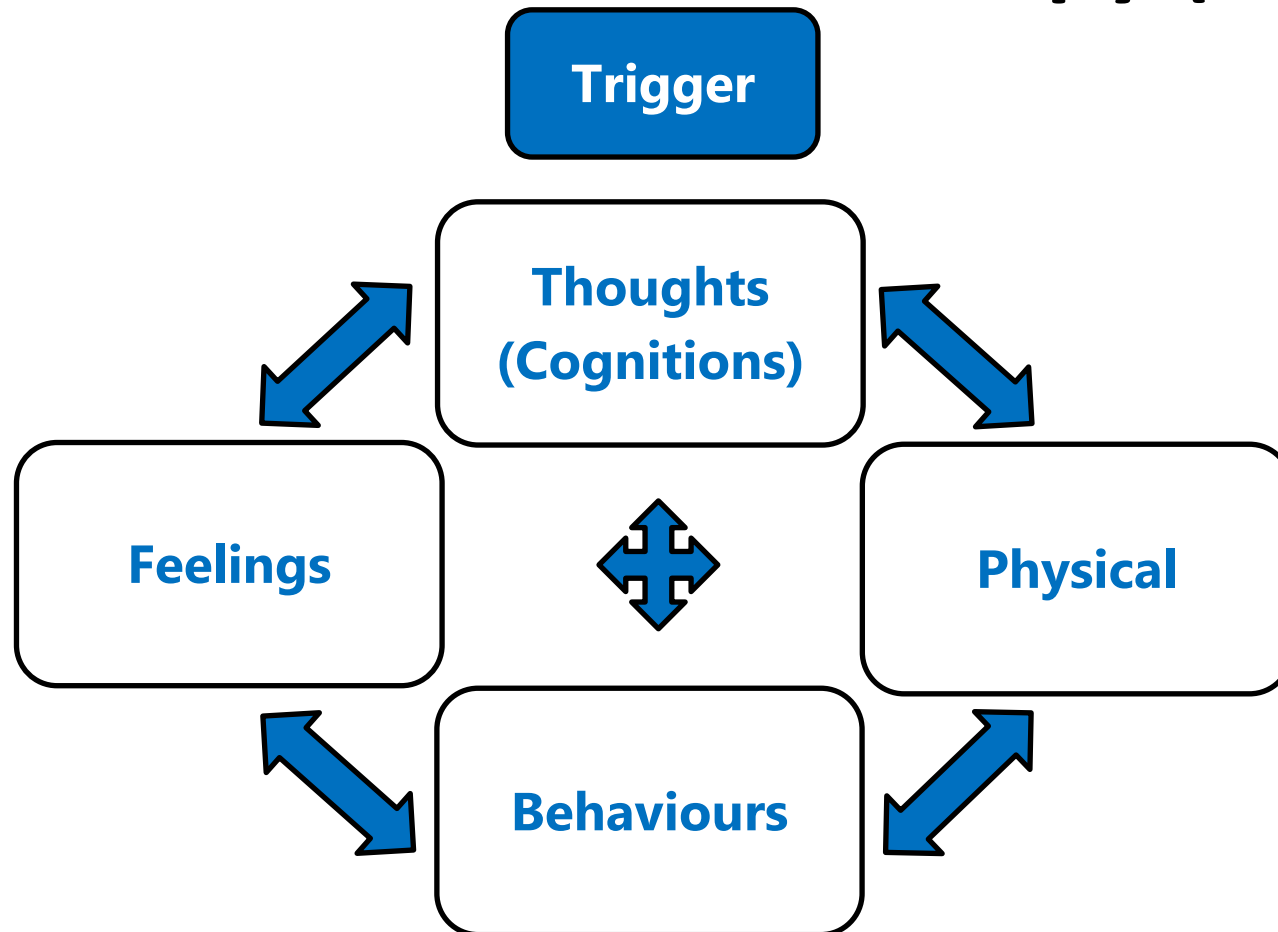
PMR teaches you to become aware of your stress and how it affects your body. The techniques will help you notice your stress at an early stage and learn how to stop it. It is likely you will need to practice the technique for a few weeks before you feel the benefits. Please try the extended exercise first and as you become more familiar and confident with this you can move onto the brief exercise.

We recommend that you play the recordings in a room which is quiet and you can sit comfortably.

[Stress Less Relaxation Extended Exercise](#)

[Stress Less Relaxation Brief Exercise](#)

Cognitive Behavioural Therapy (CBT)





Support we can offer

- Online CBT – Silvercloud
- Group CBT – Stress Less, Living Well with Low Mood course
- 1:1 CBT
- Counselling for depression
- Signposting to external services

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How to refer

Please complete the referral card if you would like to receive a phone call about further support.

You can also self-refer:



Tel: 0300 365 2000



E-mail: talkingtherapies@berkshire.nhs.uk

www.talkingtherapies.berkshire.nhs.uk



Follow us on twitter [@ttberkshire](https://twitter.com/ttberkshire)

**If you have any concerns about your health
please contact your GP.**

Please refer to the **Talking Therapies** leaflet for information about other support services.



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Other local non-TT services

- Oxfordshire – **Talking Space Plus**

Tel: 01865 901222

Website: <https://www.oxfordhealth.nhs.uk/talkingspaceplus/>

- Buckinghamshire- **Healthy Minds**

Tel: 01865 901600

Website: <https://www.oxfordhealth.nhs.uk/healthyminds/>