

Taking steps to manage stress better

Experiencing stress is a normal part of everyday life and too much stress doesn't just make you feel bad, it can also be bad for your health. But there are steps to take to help manage it better.

Pressure and stress

Stress is the feeling of being under too much mental or emotional pressure. Too much stress can lead to a feeling of being unable to cope.

For example, dealing with changing demands and pressures from different areas in our lives, such as children's needs, money worries, relationships or concerns about work.

If you think you're suffering from [work-related stress](#) you should speak to your employer.

Common signs of stress include:

- sleeping problems
- sweating
- loss of appetite
- difficulty concentrating

You may feel anxious, irritable, low in self-esteem, have racing thoughts, worry constantly or go over things in your head.

People have different ways of reacting to stress, so a situation that feels stressful to one person may be motivating to someone else.

Stress is not an illness itself, but it can cause serious illness if it is not addressed.

Sometimes when stress is severe it can lead to burnout, with extreme emotional and physical exhaustion.

Dealing with stress

There are some practical steps you can take to deal with stress:

- learn how to relax: listen to music or go for a walk – taking steps to unwind can help stop stress building up
- eat well: during periods of stress it is more important than ever to eat well, as healthy eating can have a positive effect on your emotional wellbeing
- take regular exercise: being active can really help, so take a stroll, get out with the kids or with friends, or take the dog for a walk
- talk to someone: talking about your feelings can really help identify

what is causing the additional stress

- work through your problems: taking steps to deal with your problems will make you better able to cope with them

The key is to take positive action before stress really begins to affect your health and wellbeing.

More useful links

[Changes to MOT and other vehicle tests](#)

Date published: 04 April 2019

From 20 May, there will be some changes to vehicle testing. These deal with the engine management system warning light on all vehicles, and vehicles built on a goods vehicle chassis.

Engine management system warning light

Vehicles will fail the test if their engine management system warning light isn't working, or if the light shows a fault.

Vehicles built on a goods vehicle chassis

Vehicles built on a goods vehicle chassis that previously didn't have to get tested will now have to pass a goods vehicle test annually.

These vehicles include:

- mobile cranes
- electric goods vehicles
- vehicles with special equipment fitted (including those equipped for medical, dental, veterinary, health, educational, clerical and display purposes)
- tower wagons
- breakdown vehicles
- road construction vehicles (not road rollers)
- some trailers designed for producing asphalt
- some mobile engineering plant
- tractor units pulling exempt trailers

You can find information at these links:

More useful links

Share this page

[Clean your hands on family days out](#)

It's important to clean your hands thoroughly and regularly on days out with the family to the likes of farms or swimming pools. Good hand hygiene can help prevent the spread of infections. By following a few simple tips, you can have an enjoyable time and stay well.

Open farms and swimming pools

Open farms and swimming pools can be great days out for all the family. But it's important to practise good personal hygiene at the appropriate times when visiting these places.

All animals naturally carry a range of organisms, some of which can be spread to children and adults and can potentially cause severe infection, particularly in young children.

For example, E. coli 0157 is easily passed from animals to children, can spread easily within the household and may cause severe infection in young children.

Cryptosporidium is another organism which causes infection. Symptoms include vomiting, abdominal cramps and watery diarrhoea. It can happen through contaminated recreational waters, including swimming pools.

Simple steps to follow

To reduce the risk of illness, all adults and children should follow some simple steps to ensure a fun day out.

Advice for swimmers:

- don't swim when you have diarrhoea or have had diarrhoea within the past 48 hours
- don't swim for 14 days after being diagnosed with Cryptosporidiosis
- take a shower before swimming
- wash your hands after using the toilet or changing nappies
- make sure that babies and children wear purpose-made swimming nappies and take your child on bathroom breaks
- do not swallow water

Advice for visits to the farm:

- wash hands thoroughly using soap and water after handling animals or touching surfaces at the farm
- hands should always be washed before eating or drinking and after using the toilet

You can find out more on the following page:

Antibacterial hand gels and wipes are not a substitute for washing hands, as gels and wipes may not remove germs and bugs in the way that running water can.

However, using such gels after hand washing with soap and water may reduce the risk of picking up these infections.

Always supervise children's personal hygiene to make sure it is carried out properly.

More useful links

[Recognising symptoms of scarlet fever](#)

It's not uncommon to see a rise in cases of scarlet fever at this time of year. Parents are encouraged to look out for symptoms and go to the GP immediately if they have concerns.

Symptoms

[Scarlet fever](#) is a common childhood infection caused by bacteria which can be found on the skin, throat and other places.

It was once a very common and dangerous disease, but antibiotic treatment means it is now much less serious.

The symptoms of scarlet fever in early illness may include:

- sore throat
- headache
- fever
- nausea and vomiting

After 12 to 48 hours a red, generalised pinhead rash develops, typically first appearing on the chest and stomach, rapidly spreading to other parts of the body, giving the skin a sandpaper-like texture.

On more darkly-pigmented skin, the scarlet rash may be harder to spot, although the 'sandpaper' feel should be present.

You can find out more about the disease on the page below:

Children or adults diagnosed with scarlet fever are advised to stay at home until at least 24 hours after the start of antibiotic treatment to avoid spreading the infection to others.

More useful links

[Ask police if concerned a partner has history of abusive behaviour](#)

Date published: 26 March 2018

If you have concerns that your partner, or the partner of someone you know, has a history of abusive behaviour you can now ask the police confidentially about them. This will enable you or someone you know to make an informed choice about an existing personal relationship.

Look for signs and contact police

This new [Domestic Violence and Abuse Disclosure scheme](#) can help protect people from becoming a victim of domestic violence or abuse.

It is similar to a scheme introduced in England and Wales, which is commonly referred to as 'Clare's Law', and to a scheme introduced in Scotland.

It provides safe and confidential support and guidance.

You can find out more, including how to ask about a partner's history, on the following page:

Look for the signs of [domestic violence and abuse](#), and apply to the scheme if you're worried about the abusive history of your or someone else's partner.

Anyone suffering from domestic abuse is encouraged to contact their local police on the non-emergency 101 or in an emergency always call 999.

More useful links

Share this page

Feedback

Would you like to leave feedback about this page? [Send us your feedback](#)