

National stress awareness day Wed 3rd November

National Stress Awareness Day on the first Wednesday in November aims to identify and reduce the stress factors in your life.

Everyone has stress. Some stress is good for us. It helps us to respond to changes in life. Stress is our body's way of protecting itself from harm. However, too much stress causes harm to our health and relationships

Mindful meditation to relieve stress



<https://www.youtube.com/watch?v=SEfs5TJZ6Nk>

Ways to relieve stress

Contemplate your stress-points-It's not just about one day. Stress management and reduction should be a constant practice so you can completely remove stress from your life.

Practice meditation-One of the most effective ways to deal with stress is to learn how to silence the mind. Meditation is one of the most popular methods of achieving this quiet

Exercise-Another way to battle the debilitating effects of stress is to exercise. Whether you're a jogger, bicyclist or just like to take long walks, be sure to get some fresh air and exercise into your daily routine.

Laughing is the remedy-It is scientifically proven that laughing lowers stress hormones and triggers the onset of "good," health-enhancing hormones.

Useful links

<https://nationaltoday.com/national-stress-awareness-day/>



<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/stress/>



<https://www.mind.org.uk/information-support/types-of-mental-health-problems/stress/useful-contacts/>



A competition through Invest In

In honour of Stress Awareness Week 2021 (1st-5th of November), we're running a photography competition entitled 'My Peaceful Place'.

We'd like you to send us an image that represents your 'peaceful place', somewhere you are able to find respite and tranquillity when you're feeling overwhelmed. Images must be no larger than 1GB and should be submitted with a title and a short caption explaining the image's significance (no more than 50 words).

For every entry we'll make a donation to [Stem4](#), a fantastic charity that works to promote positive mental health in teenagers and those who support them.

https://investin.org/blogs/news/young-photographer-competition?utm_source=Klayvio+Charity+Competition&utm_medium=Email&utm_campaign=Charity+Competition+

The winner of InvestIN's Young Photographer Competition will have their image featured on our website and promoted across all our social media channels, reaching an audience of more than 10,000 people - a fantastic achievement to talk about in applications.

They will also receive an InvestIN AmbitionX membership, granting them a year's free access to all our Live Online [Career Programmes](#) and hopefully making those career decisions a little less stressful.

Deadline for entries is **Tuesday 23rd November** and the winner will be announced on **Tuesday 30th November**.