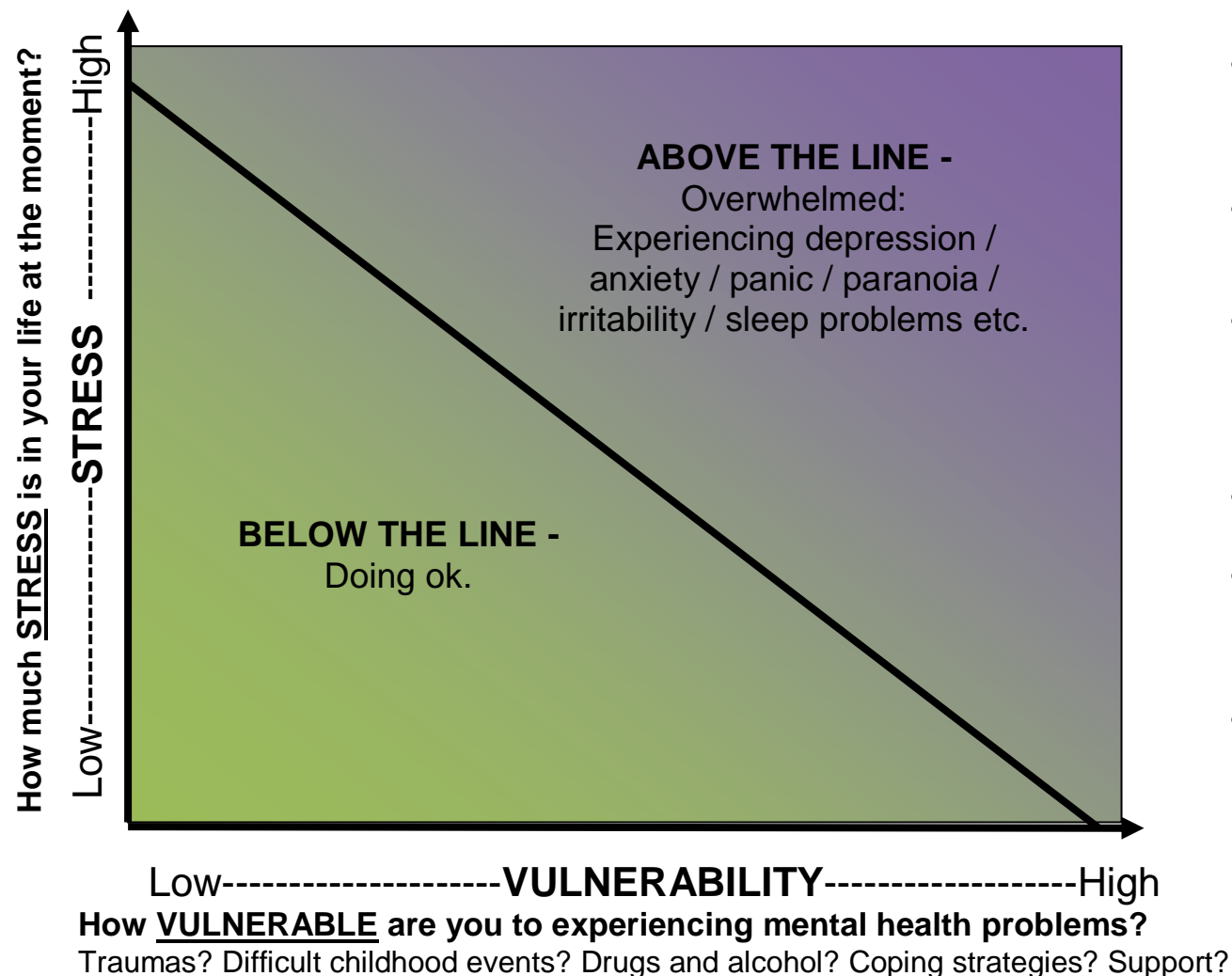


The Stress-Vulnerability Model of Mental Health



- **EVERYBODY**, if they had enough stress in their lives, would experience some kind of psychological difficulty, even if their vulnerability is low.
- Experiencing traumas at home or at work can be one of the many things that increase our vulnerability to problems.
- This can place you further along the vulnerability line than you normally might be, so it takes **LESS STRESS** before you start experiencing difficult psychological reactions, like anxiety, low mood or panic.
- As well as this, remember that the reactions themselves are stressful – a double-whammy.
- **RECOVERY** involves being aware of your stress levels and your vulnerability, and **ACTING** to stay below the line so you can build up your Resilience (mental strength).
- **This can include:**
 - making positive changes to your environment or lifestyle
 - identifying coping strategies
 - psychological therapy to help make sense of difficult experiences, thoughts or feelings
 - medication to help manage symptoms
 - finding healthy ways to relax and unwind
 - **LOOKING AFTER YOURSELF!**