

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*Work overload, people
stressing you out, feeling
like your running out of
time.
(16/Dundee/Female)*

WHAT DO
YOU NEED
TO
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*Rough patch,
unhealthy
relationship.
(16/Dundee/Female)*

WHAT DO
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*Exams, Work, Porn,
relationships.
(16/P&K/Female)*

WHAT DO
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*When you and your
partner may be going
through a hard time.
(>16/Dundee/Female)*

WHAT DO
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*Like when a friend
goes out with your ex,
especially a best
friend. (Focus Group
13/Dundee)*

WHAT DO
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*Jealousy is a huge problem!
Like if your ex gets all
jealous and that then they
will probably spread
rumours and try and turn
people against you. (Focus
Group 4/P&K)*

WHAT DO
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*Feeling unable to cope
with the pressure of
school/work/life.
(16/Dundee/Female)*

WHAT DO
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*It makes you feel bad
about yourself.
(16/Dundee/Male)*

WHAT DO
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*Trapped, anxiety, fear.
(16/Dundee/Female)*

WHAT DO
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*Upsetting, horrible,
hard.
(>16/Dundee/Female)*

WHAT DO
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*Makes people think
unclearly.
(16/Angus/Female)*

WHAT DO
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*Really annoying and
causes a high temper.
(16/Dundee/Male)*

WHAT DO YOU NEED TO
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*When stressed you will feel bad about yourself.
(16/Dundee/Male)*

WHAT DO YOU NEED TO
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*Being under pressure and not being able to get anything done because you don't know where to start.
(17/Dundee/Female)*

WHAT DO YOU NEED TO
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*Stress ends) relationships, isolates the stressed person, it's a scary place.
(17/Angus/Female)*

WHAT DO YOU NEED TO
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When you are stressed with school, work or family and that then you just pass it on to your relationship, like you can't disconnect between the relationship and what else is going on. (Focus Group 6/Dundee)

WHAT DO YOU NEED TO
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*Stress can really put a strain on relationships. If one person is feeling stressed then they could be short and snappy, or take their stress out on the other person, but stress is unavoidable.
(16/Dundee/Female)*

WHAT DO
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*Stress makes
relationships bad.
(17/Angus/Male)*

WHAT DO
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*Getting worked up
over things in your
relationship.
(>16/Dundee/Female)*

WHAT DO
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*Stress and
relationships is not
a good mix.
(16/Dundee/Male)*

WHAT DO
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*If you are stressed this can cause arguments
and relationship problems as you take your
problems home and out on people you don't
mean to. (20/P&K/Male)*

WHAT DO
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*Stress can destroy
relationships as it can
impact families.
(18/P&K/Male)*

WHAT DO
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*Stress effects everyone differently.
However stress can be managed and
controlled through mechanisms to either
de-escalate stress or avoid it for example
by running or a good dog walk at the
beach. Stress can originate from many
sources for example work/relationships
etc. (17/Angus/Female)*

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