

September Newsletter



Hi everyone, and welcome to the September 2022 edition of our newsletter.

In this edition we introduce our new Monthly Motivation and look at the Stress Container.

We are tremendously proud of all of you and the resilience you are all showing.

Stay safe.



Mental Health Awareness: The Stress Container

Innumerable things can influence someone's mental health, and one of those is the Stress Container. The Stress Container model essentially represents how susceptible a person is to developing stress-related mental health issues. The level of vulnerability a person has is represented by a container, which gradually fills with everyday stresses (work, studies, money, bereavement etc.). The size of the container is dictated by that person's tolerance to stress and can be influenced by a variety of factors. If someone has a high stress tolerance, they're much more likely to have a larger Stress Container and be better equipped to handle those everyday challenges that life throws at us.

However, a person's individual life experiences are mostly what dictates their tolerance to stress and the size of their Stress Container. Things like physical/mental distress, substance abuse, traumatic life events and lack of a good support system, among other things, can all contribute to a smaller stress container; and the smaller the container, the more likely it is that it overflows and causes extra difficulties for that person.

There are ways to combat this, though. Healthy coping mechanisms such as talking to friends and family, looking after your diet, and getting adequate rest, can essentially act as a tap on the side of the container, helping to relieve some of that stress and stop it from overflowing. Conversely, unhealthy coping strategies i.e., not getting enough sleep, or working/studying excessively long hours can block this tap and stop the stress from flowing out – eventually leading to an overflow.

If you feel that your stress container is reaching its limit, take some time. Try to think of some ways to manage that stress. Your mental health and wellbeing are incredibly important, please don't neglect them.

Monthly Motivation

"Study without desire spoils the memory, and it retains nothing that it takes in." – Leonardo da Vinci

We talk a lot here about the importance of working hard and studying intently; forming study plans and maximising your time, but a lot of that achieves nothing if you aren't enjoying what you're doing! You're here because you have a goal in mind, a qualification you want to achieve, and sometimes all you need is a bit of a mental push to kick on. So, think about that end goal, imagine getting to the outcome that you desired when you started, and the motivation will come. Have a great month!

Helping each other.....

This is one thing I know we are all good at.

I am always seeing HTFT students helping each other, with bits of advice, support and encouragement. We need, during these times, to do more of this.

Thank you for your continued support, and please let us know where we can improve - **HTFT Partnership**

Useful resources

ACCA

ACCA have a purpose built exam resources site, where students can find past papers and technical articles

[Click here](#)

ACCA

ACCA run regular Exam Window surgery webinars that you may want to register for

[Click here](#)

ICAEW

ICAEW key resources - they are not just limited to ACA students!

[Click here](#)

HTFT Blog

Regular updates, thoughts and general ideas to support your studies

[Click here](#)

AAT

AAT's Code of Professional Ethics sets out five fundamental principles which all AAT members must comply with

[Click here](#)

CIMA

CIMA/Pearson Vue question tutorials

[Click here](#)

CIMA

CIMA regularly schedule and run regional events for student members and members that often support CPD

[Click here](#)

COVID-19 updates

[AAT](#)

[ACCA](#)

[CIMA](#)

Upcoming HTFT Courses

AAT

We have Q2022 AAT courses starting in September, keep an eye on the AAT QL tab for timetables.

For more information email info@htftpartnership.co.uk

ACCA (into December 2022)

All ACCA courses for September 2022 start the weekend of the 10th and 11th of September. The timetables are on our Online Learning Community, under the ACCA QL tab.

CIMA

We have F1, F2 and F3 courses starting in September, and have our Case Study courses kicking off too!

The timetables are on our Online Learning Community, under the CIMA QL tab.



Have a great month and if you have any questions please let us know - **HTFT**

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