



STRESS SIGNS



Feelings

- **Mood changes**
- **Anxious, nervous or afraid**
- **Overthinking, cannot switch thoughts off**
- **Feeling isolated or alone**
- **Unable to enjoy yourself**
- **Feeling like you've lost your sense of humour**

Behaviours

- **Difficulties making decisions**
- **Biting nails**
- **Picking at your skin**
- **Change in appetite**
- **Unable to concentrate**
- **Tearful or crying**

STRESS MANAGEMENT



STEP 1 - Make a REALISTIC PLAN

STEP 2 - Take breaks and make time for a social life

STEP 3 - ASK FOR HELP (Head of Year, Student Welfare, Tutor, Teachers, STEPs)

STEP 4- Eat 3 meals a day and drink plenty of water

STEP 5 - Exercise

STEP 6 - Use 'POSITIVE SELF-TALK'

POSITIVE SELF-TALK



INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them

Take a motivational quote home today...

THE FOLLOWING INFORMATION
BOOKLETS ARE AVAILABLE TO
COLLECT IN STEPS:

- Coping with pressure at school
- Your guide to caring for the mental well being of a child

A useful website with lots of
resources and information:
www.youngminds.org.uk