



Mental Health in Schools Team Tips For Wellness



Stress awareness

Stress is a normal feeling that most of us experience from time to time when we feel overwhelmed, out of control, or under pressure. Stress is mostly triggered by environmental factors and once the issue is resolved, the stress usually reduces. When we feel stressed, we may also feel anxious and frustrated, as well as experience changes in our body (e.g., tiredness, muscle aches and chest pains). Different situations can make us feel stressed, such as having lots of homework to do, friendship problems, or difficulties at home with family members...it could even be a combination of things!

Some stress can be good, but too much can cause us to feel anxious or depressed, which might affect our sleeping, eating habits and general wellbeing. If stress is going on for a long time, we may also experience 'burnout', which is when our body is exhausted and has not had a chance to rest. There are things we can do to help our body recharge and reduce stress...

Our tips for managing stress:

- 1. Stress bucket activity** – follow the QR codes to complete your own stress bucket. This may help you to see what is contributing to your stress, as well as what helps you to feel calmer.
- 2. Create a calming toolbox** - draw a box, jar, bag or any kind of container on a piece of paper and draw all your self-soothing objects in this box. Look at this when you are feeling stressed to help remind you of what you can do to feel calmer. You could even make a real toolbox at home!
- 3. Practise problem-solving** - with a friend, imagine a stressful situation that might come up and discuss how you would solve this. You could use a real problem that you are stressed about too! Remember to break the problem down into smaller steps, to help you think about what you would need to do, when you will do it, how you will do it and if you need anyone to help you. Follow the QR code for support.



Stress bucket activity



Stress bucket video



Problem-solving activity

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSSstars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate! thankskids@covwarkpt.nhs.uk.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.