



Mental Health in Schools Team Tips For Wellness

Stress Awareness

Stress is what you feel when you're **worried, nervous, or under pressure**. It's your body's way of reacting to things that feel difficult, scary, or too much to handle. Everyone feels stressed sometimes!

Stress can come from lots of things, such as:

- School** – too much homework, exams, or feeling like you have to do really well.
- Friends** – disagreements/ arguments, bullying, or feeling left out.
- Family** – disagreements/ arguments, moving house, or changes like a new baby in the family.
- Big Changes** – starting a new school, growing up, or losing someone you care about.

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. **Talk** to someone you trust. This helps you not to feel alone, because someone is there to listen to you and to care. Remember – it's okay to ask for help!
2. **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.
3. **Moving your body** can help to release stress and make you feel good. Why not try dancing to your favourite song or going for a walk with friends or family?
4. **Get creative** – Art has been found to help people feel present in the moment and reduce the feeling of stress and worry. Follow the QR code for more information!
5. Create a **calm corner!** It is important to have somewhere that you feel safe, and you could go there when you feel like you need a break. You could fill the corner with soft things like pillows and blankets, and is the perfect place to read, draw, or even listen to calming music!

Stress bucket
activity



Ideas to get
creative

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

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.