



Stress Awareness Day (03/11/21)

School information pack

Stress is your body's reaction to help you deal with pressure or threats. This is sometimes called a "fight or flight" response.

A small amount of stress can be useful. It can motivate you to take action and get tasks completed. It can also make you feel alive and excited. But too much stress can cause negative effects such as a change in your mood, your body and relationship issues. Find out more [here](#).

Ways to reduce stress

Coping with stress for young people - This webpage looks at what stress is, what causes it, how it might feel to be suffering from stress and ways to cope with stress. Wellbeing bingo is a great activity to get you talking and thinking about what you have done in the last week to look after yourself. It could be reading a good book, spending time with a friend or visiting somewhere new.

Stress Bucket - consider what makes you stressed and some ways to help those stresses go away.

Stress Awareness Day highlights ways that stress can affect people and what you can do to manage your stress before it becomes a problem. Feeling stressed and being under pressure is a normal part of life. But becoming overwhelmed by stress can lead to mental health problems. The information within this resource can be shared with children, young people, and parents/carers.

How do I know when to get help with my mental health?

Trust your instincts - you know if something is up. Don't wait for things to get really bad before reaching out. The earlier you get help, the more likely it is that you can stop your problem getting worse.

Here are some of the signs you might feel when stress becomes too much:

- feeling sad all the time
- feeling angry all the time
- feeling anxious all the time
- feeling worthless

Stress - how to cope

If you are struggling to cope with life pressures, you might be stressed. [Rethink Mental Illness factsheet](#) explains the common symptoms and causes of stress. It also looks at some of the ways you can try to reduce stress.



Developing Resilience



Taking steps to look after your wellbeing can help you deal with pressure, and reduce the impact that stress has on your life. This is sometimes called developing emotional resilience. Resilience is not just your ability to bounce back, but also your capacity to adapt in the face of challenging circumstances, whilst maintaining a stable mental wellbeing.

[Check out Minds tips to develop resilience](#) .



NHS Every Mind Matters

There are plenty of things you can do to help cope with stressful events, and simple steps you can take to deal with feelings of stress or burnout. Find out more [here](#).

Find out about;

- What is stress?
- Top tips to deal with stress and burnout.
- Get your mind plan – take the quiz
- Signs of stress and burnout
- Possible causes of stress
- Support for stress



Information for pupils & families

Services

CW RISE

Rise is a family of NHS-led services providing emotional wellbeing and mental health services for children and young people in Coventry and Warwickshire.



Dimensions Tool

A web-based app that will help you to find well-being support in the local area specific to your needs, or someone else's needs, after you answer a series of questions.

Relate

Counselling service for young people.

Kooth

Join Kooth, the free online mental health community for young people in Coventry and Warwickshire. Includes counselling via text service.

Websites

www.mind.org.uk

www.youngminds.org.uk

www.selfharm.co.uk

www.time-to-change.org.uk

www.warwickshire.gov.uk/sorted (For self help books)

www.papyrus-uk.org

www.youthaccess.org.uk

www.themix.org.uk

www.annafreud.org

www.rcpsych.ac.uk/mental-health/parents-and-young-people

Apps

SAM: Self-help for Anxiety Management
Headspace



C4H

Confidential support via text

Young people aged 11-19 (or up to 25 with SEND) can text a school nurse for support via ChatHealth. The nurse can provide support with a range of topics, including stress, and can refer onwards to specialist services where required.



07505 331 525