

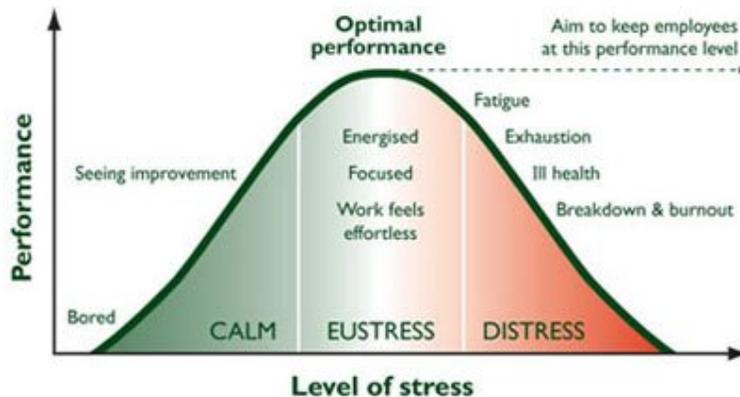


Tuesday 25th September 2018

Key Notes Gifted & Talented Evening: KS4

Common Symptoms of Stress and Anxiety:

- Physical:
e.g. pounding heart, rapid breathing, tense muscles, dry mouth, headaches.
- Unhelpful thoughts:
e.g. I'm going to fail, I can't cope, I'll make a fool of myself, everyone can see me blushing.
- Feelings:
e.g. confused, panicky, scared, terrified.
- Behaviour:
e.g. running away from, or avoiding altogether, becoming aggressive, drinking / smoking.



How can you help manage stress?

- Watch for signs of stress and address any issues early
- Ensure they get enough sleep and eat well
- Help them to study and organise themselves
- Ensure they exercise especially during mock/exam time
- Make time for treats
- Help them to develop relaxation techniques: bubble bath, gym, music, Headspace (app), breathing / mindfulness
- Resolve conflicts quickly
- Change of scenery / distract them
- Get help: talk to us, GP

Good websites to support with stress and mental health of our young people:

- <http://www.teenhealthandwellness.com>
- <https://youngminds.org.uk/>
- http://www.supportline.org.uk/problems/support_children_young_people.php
- www.anxietyuk.org.uk
- www.mind.org.uk
- www.familylives.org.uk (parenting support)

How to develop emotional resilience:

- Help them practice observing how they feel:
 - talk to them, listen, encourage writing a diary / other form of self-expression
- Question their opinions; help them develop a growth mindset
- Developing self-motivation:
 - personal goals, honest self-evaluation (focus on positives but don't ignore negatives), positive/optimistic mindset
- Accepting difficulty and failure as part and parcel of success:
 - developing ability to forgive themselves and learn from setbacks, utilise criticism in positive and productive way
- Preparedness to leave own comfort zone
- Developing metacognition:
 - the ability to identify what study methods work for them individually, understand themselves as learners (styles, evaluation, organisation of study and learning, being able to seek help)

Reasons to embed a love of reading and develop literacy skills:

- Develops emotional intelligence – empathy, examination of human interaction
- Knowledge enrichment
- Develops vocabulary and communication
- Develops writing skills
- Develops critical thinking, evaluation, synthesis
- Promotes introspection
- Improves memory
- Boosts concentration
- Feeds imagination
- Lowers stress levels

Please do not hesitate to contact me.

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