





**This week is  
National stress  
awareness week and  
Wednesday 3<sup>rd</sup> Nov  
is National Stress  
Awareness day**



**Learning outcome:** To identify what is causing you stress and identify the resources around you to cope/reduce your stress.





# How to understand stress

Click on the image to open the link.

Have a go at each task on your paper – pausing the video as you do.



**Negative feelings can be natural and although not pleasant, they are NOT an indication of clinically significant mental illness.**



[How to understand stress | Stress Patterns | British Red Cross - YouTube](#)

# Using what we have around us

Explore your ideas and understanding of 'resources'. Look at the statements below. How far do you agree with each statement. You can number them 1 to 10, 1 being really disagree and 10 being really agree.

- (A)  resources are just things like money and clothes
- (B)  resources can't make you happy
- (C)  everyone has access to the same resources
- (D)  resources are really useful in overcoming challenges
- (E)  the people I have around me are resources too
- (F)  if we don't have resources we need we can't do anything about it



A **resource** is something you use. Resources can **help you do something well**. They are important in **overcoming challenges**. It can be a thing like pen and paper, or a **skill** like knowing how to read or a **person** like your friends, but it can also be a **feeling, idea or ability** you have, like your **kindness**.



Click on the image to open the link.

Have a go at the task on the back of your paper.





# Stress, anxiety and depression busters

Take some time each day to **LEARN** and incorporate some of these stress busters into your life. Not only will you feel relaxed, you'll also feel more balanced and in control.

Mindfulness  
e.g. colouring

Taking regular breaks from revision/work

Walk in the fresh air

Listening to music

Yoga

Talking to someone

Hot bath

Meditation

Writing a diary (get it all off your chest)

Breathing techniques

Getting enough sleep

Physical exercise

Eating well

Other relaxation techniques

Chatting with your friends

Laughing

Plan/create a timetable for completing homework

**LOTS OF THESE YOU CAN FIND ON THE WELLBEING AREA - <https://www.arthurterry.bham.sch.uk/well-being>**

If you or someone you know needs support...

## TAKE NOTICE – LISTEN – REPORT ANY CONCERNS



### School support



#### Student Support Services

<https://www.arthurterry.bham.sch.uk/well-being/wellbeing/student-support-services-sss/>

### Online support



#### Websites & apps:

**Forward Thinking** - <https://www.forwardthinkingbirmingham.org.uk/>

**Young minds** - <https://youngminds.org.uk/>

**Mind** - <https://www.mind.org.uk/>

**Childline** - <https://www.childline.org.uk/>

**The Mix** - <https://www.themix.org.uk/>

**Apps:** Calm, Headspace, Ten percent happier

### Other support



- Support you can give a friend
- Keep talking and checking on each other.
- Be a good listener.
- Look after your own mental health.
- If you're worried about your friend or think they are at risk tell a trusted adult about your concerns.