



This newsletter is looking at supporting change and stress . This may be at home or in school life, it may even be something in your personal life. Stress is normal and something we live with daily. It's ok for stress to feel hard, but it is important to learn techniques and strategies to help make it more manageable.

<https://actionforhappiness.org/calendar#download-block-anchor>

**Exam Stress; How Parents can help:**

Stress can manifest in many ways .For example, **tearfulness, insomnia, a lack of appetite, or eating all the time**, Alternatively young people may show their by socialising too much or withdrawing from social activities altogether. Some young people experience blind panic which can be interpreted as laziness.

<https://www.bbcchildreninneed.co.uk/changing-lives/supporting-young-people-with-exams/>

It can be challenging to support your wellbeing when you're dealing with stressful situations. It is important to find techniques and strategies that will help guide you along the way and make the situation feel a bit less stressful and hopefully easier to cope with.

Transformation

Transition

New

Adaptable

Shift

Embrace



### The 90-Second Rule-

Do you feel panic rising?

If so, then use these 90 seconds to slow things down. Take some deep breaths in and out to slow your heart rate and calm your body. Write down any worries you have and choose a place to keep them, like a jar or folder. This can help you imagine you're leaving your actual worries behind with your notes.

Speak more slowly and reduce the volume of your voice. Take ten deep, slow breaths. If you can, take a short walk for a minute or two to get away from the situation and give yourself time to think. If you can't step away from the situation, try counting backwards from 100 in fives. Taking this time can help you think more clearly.

### Challenge Negative thoughts.

You may feel more worried if you imagine the worst thing that could happen. Try to challenge those thoughts by asking yourself these questions

- What if that didn't happen?
- What else might happen instead?

### Repeat a Motto for Encouragement-

Mottos are often used by athletes before a race and can be a good way to change how you think about something. You can repeat a motto out loud or write it down. Here are some examples you might like to try: 'I am doing the best that I can do.' 'I have done this before; I can do it again.' 'I can make it through this - it won't last for ever.'



### Get a Good Night's Sleep

Sleep has a really important role in helping you recover from anything you've found difficult. Not getting enough sleep can affect your mood, concentration and energy levels. Make sure that you are going to bed at a reasonable time and that you have a chance to unwind without technology before bedtime.

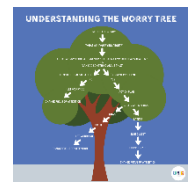
<https://thesleepcharity.org>



### Put Worries on Paper

Writing down any worries or concerns you have can be a powerful way of clearing your mind. Keep a notepad by your bed and set aside five minutes at the end of the day to jot down your thoughts.

<https://camhsprofessionals.co.uk>



### Find What Works for You

Everyone is different and so different activities will suit different people. Try a range of activities, such as going for a walk, calling a friend or reading a book, and see which ones make you feel refreshed and recharged. You could make a list of the activities that help you recharge and feel more like yourself.

Re focus If you sense difficult, uncomfortable feelings, switch your attention to something else. Focus on a simple task, for example doing some tidying up or mindful colouring Switching your attention in this way - or taking a 'break state' - can help you to refocus.





### Communicate Clearly

Big changes can seem even more intimidating when heard second-hand or not explained fully. While you don't have to discuss every decision you are making with your children, it's important that they feel part of the conversation when a change may affect them in a significant way.

<https://www.kooth.com>



### Mindfulness Activities:

For the classroom and at home

Take a moment to notice what's going on in your daily life. You may be aware of some big or small changes coming up and that's ok. Take the time to sit and acknowledge what you're thinking and feeling.

<https://www.waterford.org>



### Supporting SATS

<https://www.bbc.co.uk/bitesize/articles/zrybvk7>



### Try using visual tools

<https://www.bbcchildreninneed.co.uk/schools/primary-school/mindfulness-hub/>



### Have some fun and get outside!

Cortisol reduces when in an outdoor environment amongst nature or having fun and laughing.

If their emotional well being is good so will the results be!

[https://thimbleandtwig.com/top-sibling-games-for-outdoor-play/#Memory\\_Tray\\_Game](https://thimbleandtwig.com/top-sibling-games-for-outdoor-play/#Memory_Tray_Game)



<https://www.woodlandtrust.org.uk/media/43645/outdoor-learning-resource-pack.pdf>





Some support information of agencies that you can access for help.



We want to see a world where no young person feels alone with their mental health, and all young people get the mental health support they need, when they need it, no matter what.



XenZone is a provider of online mental health services for children, young people and adults.

Kooth, from XenZone, is an online counselling and emotional well-being platform, accessible through mobile, tablet and desktop and free at the point of use.

<https://www.kooth.com/>

<https://www.youngminds.org.uk/>

Here are some useful apps to try to help support anxiety and cope with change.



InsightTimer



### Useful Websites

Guide for parents:

<https://www.theschoolrun.com/changes-ks2-sats-2024-what-parents-need-know>

CGP Interactive:

[http://www.cgpbooks.co.uk/interactive\\_ks2](http://www.cgpbooks.co.uk/interactive_ks2)