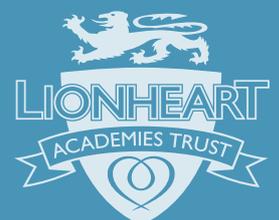


ANXIETY AND STRESS STUDENT SUPPORT PACK



WHAT IS THIS PACK?

This pack contains information and strategies to use at home or in college to deal with stress and anxiety. As a college we are here to help you when you need our support. You can seek support from your form tutor, the student support centre, the LDD or from any trusted adult.

Mental health is something that we can often find difficult to talk about. There a number of National campaigns working in collaboration with sports stars and celebrities' to try and remind that it is 'good to talk'. There are many adults in College that can support you, but we know that sometimes you may need extra support from other agencies so we have included some of the links to these below.

The rest of the pack has been developed to support you with strategies that you can use at home during lockdown or when College returns, nobody anticipated the impact of the virus on our lives or the time that you would spend away from College, but we will be back together soon and remember we are here to support you throughout.



ChildLine is available to you if you have any concerns about:

- Your feelings
- Abuse and neglect
- Loneliness
- Bullying, friends and relationships

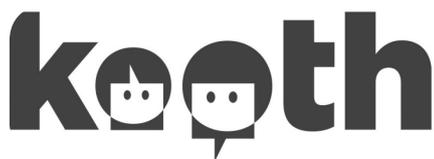
 **0800 1111**  www.childline.org.uk



Young minds helps young people and adults who need support with their mental health. This includes feeling low ~~Stress~~ things such as:

- Body Image
- Bullying
- Eating problems
- Grief or loss
- Anger

 If you need urgent help, you can **text YM to 85258**



Your online mental wellbeing community

- Free safe and anonymous support
- Journals and magazines
- Chat with Kooth team
- Supportive Kooth community

 www.kooth.com



If you are feeling really down and feel like there is no way out and feeling suicidal then Papyrus can help. They have confidential ways of contacting them

 **0800 068 41 41** **Mobile 07860039967**

 pat@papyrus-uk.org

They also offer lots of support through articles and advice through the following link www.papyrusuk.org/im-thinking-about-suicide/



If you are worried about online sexual abuse or the way in which someone is talking to you online, you can report it to CEOP straight away. You can make a report using the following link

 www.ceop.police.uk/ceop-reporting/

If you are not ready to make a report, but need to speak to someone first then ring ChildLine on 0800 1111

DEALING WITH WORRIES

Worries are a part of everyday life and often things will seem worse when you are alone or at night. This is because during the day and when you are in other people's company your mind is kept busy. You might think about the things that are worrying you, but they come and go. At night your brain has time to think and over-think things that have happened and you are in your own company. You might begin to panic and things happen to your body, such as you start to sweat, your heart begins to beat faster and you may even struggle for a breath. This is normal and we all go through this from time to time, but it is good to have strategies to deal with this when it happens.

Here are some strategies that could help and a worry jar on the next page that you can use straight away.

A WORRY BOOK

This is a book that belongs to you and only you, you can write all of your worries in it as they come into your head. Getting them down on paper and looking at them can help as it allows them to leave your body and be something real rather than just in your head. If you want, you can invite someone you trust to read your worries at the end of the day, or whenever you want. This will give you a chance to talk about your worries and then get the advice of another person. You have to invite that person to read your book though as it belongs to you. A good idea would be to set some time aside each day, maybe even the same time to go through your worries. You can discuss your worries with your College key worker if you have one. If you feel like you need a key worker, ask for support.



A TIME CAPSULE

This is very similar to the monster or jar above, but what you do is create a time capsule, this can be a container of any kind that you want. You write down all of your worries and put them inside the container and date them. You then seal the container so that nobody can get access to it, not even you.

When your worries are inside you can either have a hidden in your house, or even better, if you have a garden you can ask permission from your parents/carers to dig a hole and bury it, not too deep as you might want to add more worries when they come up. Then when everything is sorted, you can open it up and read what you were worried about and think about how small that worry actually was.



A TALK TO SOMEONE

This is by far the best thing to do, but only if you feel comfortable with it and with someone that you trust. Opening up and speaking to someone allows you to get their views and support on what is happening. They may be able to offer you advice or get you some support from another professional. Bottling up your worries is not a good thing to do as they become overwhelming and can affect your mental and physical health.



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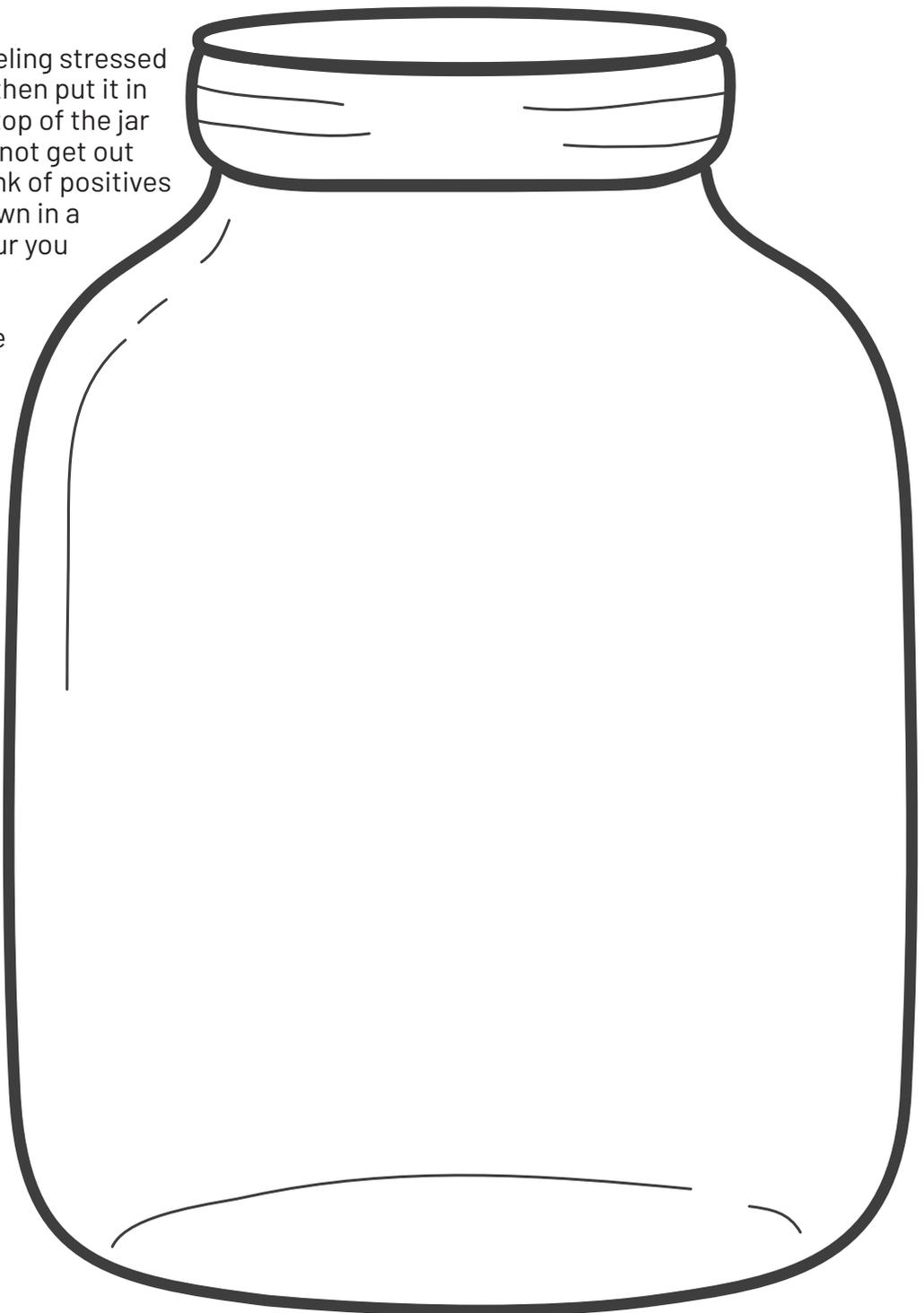
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A WORRY JAR

This is a worry jar, if you are feeling stressed and worried about something then put it in the jar by writing it down. The top of the jar is sealed so that the worry cannot get out of it. Once you seal the jar, think of positives from the worry. Write them down in a positive colour - maybe a colour you really like.

If you want, you can even share your worry with someone else so that they can help you, but you have to be comfortable to do this.



OUR BODY'S REACTION

Our bodies react in different ways to stress and sometimes we need to work out what is happening to us and how we can deal with it, different parts of our body can be affected by stress. On this sheet fill in any gaps and circle the statements that apply to you, green is okay and red means that you are not feeling as good as you could.



BRAIN

Our brain is where we think about our worries and anxieties. If we are calm we can think clearly, if we feel anxious our brain over-thinks everything.

I am feeling really calm and in a good place. My thoughts are clear and I can think about good things that make me happy.

I am not feeling calm and I have lots of different thoughts in my head right now and I am worrying about things. I want to escape and get away from my thoughts



HEART

Our heart can tell us a lot about how we are feeling. Normal heart rate is 60/80 beats per minute. When we feel anxious our heart beats faster.

My heart is beating at a normal rate and rhythm. Measure your heart rate by finding and counting your pulse. Heart rate ____ BPM

My heart rate is beating faster than normal and it feels really tight in my chest. Measure your heart rate by finding and counting your pulse. Heart rate ____ BPM



TENSION

We often feel stress and anxiety in our muscles and they might feel tight or like there is a ball in a part of our body.

My muscles do not feel any different and I feel ok.

I feel like I have a tension in my muscles and a ball of worry in my body and it is

(Where in your body)



HANDS & FEET

When we are stressed or anxious we tend to move our hands and feet more. We can pick or bite our nails or tap our feet against the floor or something close by.

I am in control of my body and I feel calm, my hands and feet are not moving and I do not feel the need to fidget.

My body feels restless and I feel like I need to fidget with something, or bite or pick my nails or tap my feet against something. My legs and hands might even feel painful.



VOICE

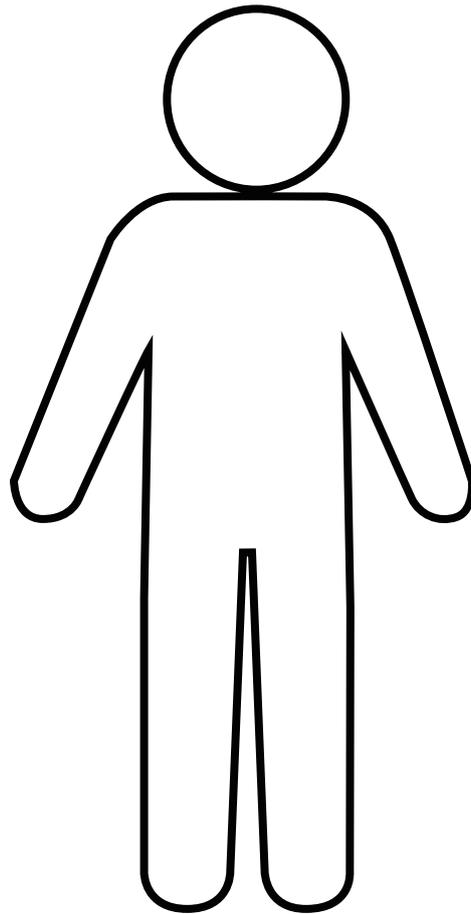
The way that we talk can change when we are stressed or anxious. We can either talk really quietly and not very much or very fast and a lot.

My voice is fine and I am talking normally.

I really don't want to talk to anyone and I feel like I can't or I am talking really fast and talking about so much at once and some of it makes no sense.

MY BODY AND MY THOUGHTS

On the outline of the body below, write down how your body feels and the changes that you have noticed. On the outside of the body write down all of the thoughts that you are having. This get you to think about how these thoughts are impacting upon your physical and mental health.



Regular exercise is really beneficial for your emotional well-being. Unsure where to start? Talk to your Physical Education teacher for guidance. Some of the benefits include:

- Exercise decreases stress hormones
- Exercise promotes confidence
- Exercise provides a buffer against stress
- Physical activity distracts you from negative thoughts and emotions
- Exercise can be a good source of social support



MENTAL HEALTH THERMOMETER

This is a tool that can help you think about how stressed, anxious or frustrated you feel. The aim is that you know how you are currently feeling, can describe this and then think of things that will help you calm down and feel better. We ideally want to be in the green zone as this is our happy place. Write down your strategies to take you down to the next level on the scale.

HOW AM I FEELING

STRATEGIES TO SUPPORT ME

SCALE

5

- I feel really stressed and anxious
- I feel really angry and unhappy
- I feel like I am going to explode
- I feel like I may hurt someone or break something.

SCALE

4

- I feel slightly stressed and anxious
- I feel like something is bothering me
- I feel agitated and want to fidget
- I feel like the smallest thing might make me angry and even more stressed.

SCALE

3

- I feel okay, some things are annoying me, but I can deal with them
- I feel like I can cope and get on with my day
- I feel like I could be in a good place if things carry on this way.

SCALE

2

- I do not feel stressed or anxious and things are going really well today
- I feel happy and I am in a good place
- People are not annoying me today and I am enjoying their company.

SCALE

1

- I feel tired today and I cannot be bothered with anything or anyone
- I feel down and depressed
- I feel agitated by things.



SOME SUGGESTED STRATEGIES

Below are some suggested strategies that you could use and put into whatever box you like to support you, remember this is personal and each strategy is personal to you and only you.

- Give me some space
- Do not ask me how I am feeling
- Let me listen to my music
- Let me eat something
- Get me something to take my mind off this
- Do not challenge me
- Get me to my trusted adult/ member of staff
- Ask me questions
- Give me something else to talk about
- Let me draw something
- Get me to a safe space
- Get me my favourite toy
- Do not speak too loud
- Do not talk to me
- Ask me how I am feeling
- Get me a drink
- Do not make me do work
- Let me read
- Get me my worry book
- Let me go and play sport
- Let me play with my fidget toy

These are only suggestions, but you can think of your own strategies or things that will help you and put them into the boxes on the chart on the previous page. If you need any help with this, ask an adult.

STRESS BOTTLE/JAR

This is a very simple stress reliever that you can make at home or in college. This jar is yours and you can design it in any way that you wish and that will help you. Below are instructions and the equipment that you will need to make this simple stress bottle/jar. This is something that you can use as a strategy above.



EQUIPMENT NEEDED

- An empty bottle with a lid
- Warm water
- PVA Glue or Glitter Glue
- Glitter if just using PVA glue
- Craft stars, buttons, gems (optional)

INSTRUCTIONS

1. Clean out the empty bottle and remember to keep the lid. Rinse it out so that no soap is left in it.
2. Add your Glitter glue into the bottle or if you are using PVA and glitter, mix it up and then put it into the bottle.
3. Add the warm water, but do not fill it right to the top.
4. Put the lid on and give the bottle a shake.
5. Let the mixture settle for a minute or two.
6. Add any craft stars, buttons and gems into the bottle.
7. Put the lid back on and give it another shake.
8. It is complete, but you can decorate the outside of the bottle if you wish.

HOW TO USE

- Every time you feel stressed or anxious or when you can feel it building up, grab your stress bottle/jar and give it a good shake to get all of your anxiety and tension out.
- Place the bottle on a flat surface, sit down and watch the inside of the bottle begin to calm and settle down.
- Use this as often as you like and for as long as you need.

A SAFE SPACE

When we are stressed or anxious it is good to have a safe space to go to. This needs to be a place where you can think and relax and that will allow you to calm down. This could be your bedroom and you could hide under the covers or put some music on, it could be in your garden or your local park where you can just breathe and take in the oxygen you need to self-regulate. This means that you are able to calm yourself down.

When you are in your safe space you should focus on you and people need to know that this is your safe space and that you should not be disturbed, but remember to tell someone where you are, just so they can check on you from time to time.

When they do check in on you, make sure that you respond to them, you can tell them to leave you alone, but do it in a way that lets them know that you are okay, but you still need some space.

A TRUSTED PERSON

It is a really good idea to have someone that you can talk to if you are worried about anything, they cannot promise to keep everything to themselves, especially if you are in any danger, they have to make sure that they tell someone else who can help you. This is scary, but you must trust them that they are helping you. Make sure that you remember that this person is someone that you trust and they are not going against you by telling someone else, but they only have to tell someone if you are in any danger or they are concerned for your physical or mental health.