

Public Health Campaign: National Stress Awareness Day

Warwickshire School Health & Wellbeing Service has developed this document to help you educate and support pupils this **National Stress Awareness Day (4th November)**. We all encounter lots of stresses in life, and pupils at the moment may be facing the pressures of studying combined with uncertainties and worries about coronavirus. It's important that we help pupils to be aware of their stresses and learn to recognise and cope with them without becoming overwhelmed, building their resilience and preparing them for difficulties they may face as they get older.



Stress Awareness

If a child is feeling stressed or under pressure, it can start to feel like it's taking over all aspects of their life. It can affect them both physically and mentally. Stress may cause:

- Lack of concentration in class.
- Feeling overwhelmed.
- Feeling anxious.
- Low self-esteem and feelings of self-doubt.
- May contribute to or cause eating problems.
- Sleep difficulties: not being able to sleep, or sleeping too much.
- Avoidance behaviours may start to form, taking them away from friends or certain situations.

Tips to share with pupils

- Remind them to talk to someone they trust about whatever is making them stressed.
- Encourage them to spend time doing things that make them happy.
- Encourage them to live a healthy lifestyle by:
 - Exercising regularly (recommended daily amount for a child is 60 minutes).
 - Eating a healthy, well-balanced diet.
- Make sure children understand how important getting enough sleep is.
- Doing breathing exercises with the class on a regular basis can be a healthy habit for life. Breathing exercises are great because you can do them anywhere, anytime! You can try a Headspace Mini Meditation with a focus on breathing with your class [here](#).

Activities for children and young people

[Wellbeing Bingo game](#)

[Stress Busting Fortune Teller](#)

[Mindful Colouring Exercise](#)



Useful resources

Mobile/tablet apps



SAM app



sam-app.org.uk

An app to help you understand and manage anxiety (free).

Headspace



headspace.com

A meditation app for all ages (paid subscription required).

Calm



calm.com

A meditation and wellbeing app (paid subscription required).

Websites/services

Young Minds




UK charity for children and young people's mental health - find information and support on their website: youngminds.org.uk

CW RISE



Local mental health services for children and young people.

 cwrise.com

 Urgent supportline:
02476 641 799 (8am–8pm) or
0300 200 0011 (overnight)

Childline

childline

ONLINE, ON THE PHONE, ANYTIME

Trained counsellors who provide confidential support on any matter, big or small.

 www.childline.org.uk

 0800 1111

 [Live chat here](#)

CW Mind



Local branch of UK charity Mind, who provide mental health support for all ages:

 cwmind.org.uk

Support from Warwickshire School Health & Wellbeing Service

Our service is here to provide support with a range of health and wellbeing issues. Schools can get in touch and speak to a school nurse by calling **03300 245 204** or emailing schoolhealthwarks@welearn365.com.

Parents/carers and secondary school pupils can use our confidential text messaging services:

ChatHealth (for ages 11-19): **07507 331 525**

Parentline text service: **07520 619 376**



www.compass-uk.org/services/wshwbs