

National Stress Awareness Month 2021

Materials and support for children and young people



Warwickshire School Health and Wellbeing Service have developed this resource to help you educate and support pupils during National Stress Awareness Month, April 1st- April 30th 2021.

We all encounter some form of stress in life, and pupils may well be worrying about returning to school and settling back into a different routine after lockdown, or may have concerns about their health, their loved ones or their futures. It's very important to help pupils recognise these worries and stresses and help them learn different ways to cope with them.



Regain Connection, Certainty and Control

National Stress Awareness Month has been happening every April since 1992. This year's theme is 'The 30 Day Challenge', which encourages you to pick one action each for your physical, mental and emotional wellbeing to carry out every day. It takes 30 days to turn actions into habits, which is why this is a month-long programme. [Find out more here.](#)

Signs of stress in pupils

If a child is feeling stressed or under pressure, it may start to feel like it's taking over all aspects of their day-to-day life. The effects this may have on children and young people include:

- Feeling anxious.
- Low self-esteem.
- Feeling overwhelmed.
- Lack of confidence in the classroom.
- Poor sleep, not being able to go to sleep, or sleeping much more.
- Avoidance behaviours may start to form, taking them away from friends and other social situations.





Tips to share with pupils

- Encourage them to spend time doing things that make them happy.
- Encourage them to live a healthy lifestyle by:
 - Exercising regularly, getting outside for fresh air.
 - Eating a healthy varied diet and drinking plenty of water.
 - Developing healthy sleep habits that support a good night's sleep.

Activities for children and young people

[Mini stress activity - a fun, creative task for children.](#)

[Mindfulness calendar - try out 5-minute daily mindfulness activities.](#)

[Coping with stress - tips for kids.](#)

[Stress bucket - a fun activity to help lighten the load of stress.](#)

[For secondary school pupils - self-care booklet for dealing with stress and worry.](#)



Activities for pupils with SEND

[Mindfulness and calming activities](#)

[To be me - helping young people develop as individuals \(lesson plans\)](#)

PHE lesson plans

[Explore the link between physical and mental wellbeing - for ages 10-16](#)

Mentally Healthy Schools

Mentally Healthy Schools is a free website for schools across the UK, offering school staff and parents/carers information, advice and practical resources to better understand and promote pupils' mental health and wellbeing.

[Mentally Healthy Schools](#)

[Resilience game - for teachers or parents/carers to do with children.](#)




Talking to children about mental health

[Tips for parents/carers on talking to children about mental health](#)

Useful websites and contact numbers


Young Minds



UK charity for children and young people's mental health - find information and support on their website:  [youngminds.org.uk](https://www.youngminds.org.uk)

CW Mind



Local branch of UK charity Mind, who provide mental health support for all ages:  [cwmind.org.uk](https://www.cwmind.org.uk)

Childline



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

 [childline.org.uk](https://www.childline.org.uk)

 0800 1111

 [Live chat here](#)

Kooth



Kooth is an online platform that supports young people who are dealing with difficult emotions and life experiences. They provide confidential counselling along with the opportunity to read posts by others in a similar situation.

 [kooth.com](https://www.kooth.com)

CW RISE



Local mental health services for children and young people.

 [cwrise.com](https://www.cwrise.com)

 Urgent supportline:

02476 641 799 (8am–8pm) or

0300 200 0011 (overnight)

Shout



Free, 24/7 confidential advice via text.

 Text 'SHOUT' to 85258

 [giveusashout.org](https://www.giveusashout.org)

Support from Warwickshire School Health & Wellbeing Service

Young people age 11-19 can text a school nurse to discuss any concerns about stress, emotions and wellbeing via ChatHealth - the number is **07507 331 525**. This service is confidential and free. We encourage young people to save the number in their phones so it's there whenever they need it.

School staff can get in touch for support by calling **03300 245 204** or emailing schoolhealthwarks@welearn365.com. Find out more on our [website](#).

Mobile apps that can help with stress and support emotional wellbeing

SAM app

Free app for anxiety.

sam-app.org.uk



Calm app

For sleep, reducing stress and anxiety and more. Free and paid features.

calm.com



ThinkNinja

Free app that helps children learn about mental wellbeing and build resilience.

healios.org.uk/services/thinkninja1



ChillPanda

Free app with games, breathing techniques and more for children.

chillpanda.co.uk



Headspace

Guided meditations and mindfulness. Free and paid features.

headspace.com

