

# ARE YOUNG PEOPLE MORE STRESSED THAN EVER?

Have a chat with the people on your table- what do you think, why?

## GOALS FOR THIS EVENING:

1. To recognise some of the main worries, concerns and stressors that our young people might be facing.
2. To understand what students, parents and teachers can do to help

## TRUE OR FALSE? ALL STRESS IS BAD?

- False, stress reaction in the body is designed to protect it from dangerous situations and in small amounts can increase performance. It is too much stress for too long that begins to impact mood, functioning and relationships.

THERE IS NOTHING YOU CAN DO ABOUT STRESS, IT HAPPENS AND YOU ENDURE IT.

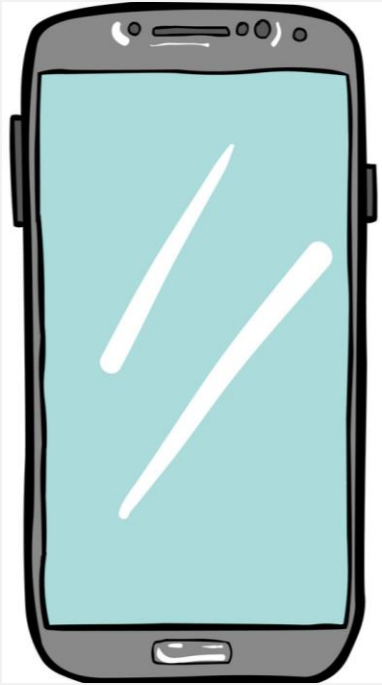
T OR F

- False, there are many ways to learn to cope with and manage stress, as well as decrease stress in your life. Basic lifestyle changes including getting enough sleep, eating well and regular exercise can reduce stress and increase your ability to deal with stress.

NOTHING BAD CAN HAPPEN TO FROM EXPERIENCING STRESS.  
T OR F?

- False, too much stress can negatively effect concentration, problem solving, personal interactions, and school performance. It can also lead to physical and mental health problems including headaches, stomach-aches, anxiety, depression and aggression.

# WHAT IS SO STRESSFUL ABOUT BEING A TEEN TODAY?



## ALICE...

Alice, 15, is always tired. A pupil at a school in West Sussex, she will take 11 GCSEs this summer. But that's not all she's worried about. Lately she has been wondering if she should join a gym. Bombarded with media pictures of beautiful young women and perfect bodies, she reflects: "You look at people like the Kardashians and Ariana Grande and think 'OK, I'll join a gym'. You feel pressure to look a certain way and that is stressful." She says that homework, especially revision, is the most stressful thing in her life. "I left it all till late and now I have to do it all at once." She adds: "I think, in general, girls get much more stressed than boys – there's pressure for us to look nice, and do really well in our school work, it all gets too much."

What are the signs Alice is stressed, what could we do to help?

## NEELA...

- What are the causes of Neela's anxiety?
- What helps her?



## WHAT ABOUT WALLY GIRLS- WHAT DO THEY WORRY ABOUT?

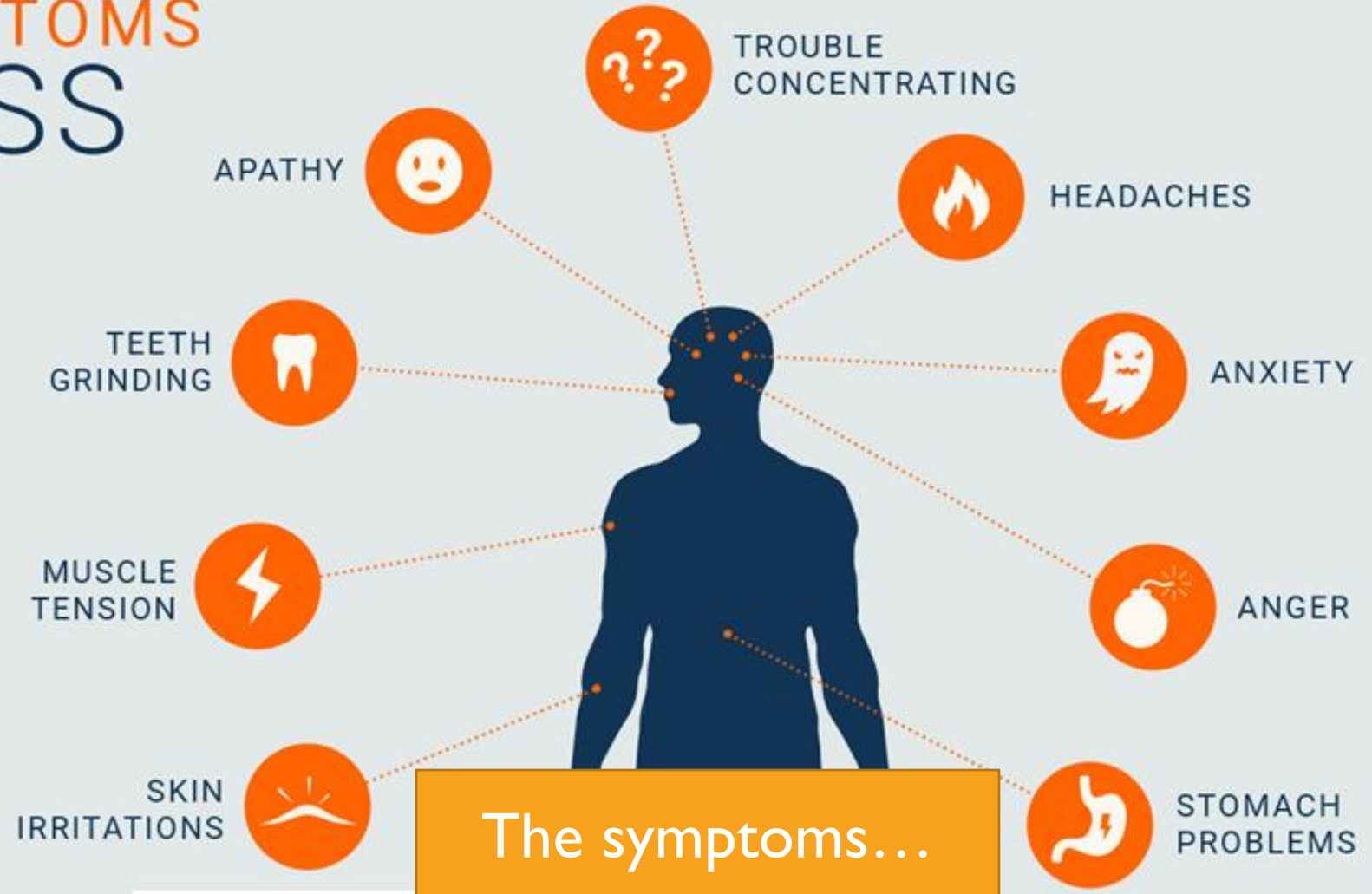
- Doing well at school
- Social stress (peer pressure, social media, social expectations etc.)
- Family relationships- sibling relationships, illness in the family, financial stress
- World events
- Significant life changes (moving school or house, changes to friendship groups)

## AND HOW DOES THIS STRESS AND WORRY PRESENT ITSELF?

- On your diagram of a body, annotate all of the symptoms of stress and worry you might notice.
- You can also note down non-physical symptoms around the outside too

Recognizing

# THE SYMPTOMS of STRESS



BUT ITS NOT ALL DOOM AND GLOOM!

Izzy, 17, who took part in a recent national mental health survey said:

“The research from the last 10 years doesn’t paint a great picture for girls and young women, but it’s reassuring to see some positive signs. **Girls feeling more able to talk more openly** about mental health makes **me optimistic for the future.**”

# SO WHAT ARE WE DOING AT WALLINGTON?

Pastoral team including  
counsellor and ELSA

Promoting extracurricular  
activities

PSHCE sessions focussed on  
stress management (especially  
in year 11)

Wellbeing mentors

Homework policy  
with wellbeing in mind

Teddy the wellbeing dog!

## WHAT CAN THE STUDENTS THEMSELVES DO?

- Attend wellbeing events.
- Get involved with extracurricular activities.
- Ask for help when they need it- form tutors, subject teachers, pastoral team.
- Get organised and plan time wisely to avoid last minute cramming which can be extremely stressful- ask teachers for help with this!

## WHAT CAN YOU DO?

- On your handout there is a list of some ideas that the mental health charity MIND recommends to parents.
- Talk to the people on your table- which of those strategies do you think is most helpful- why?



## WHAT ELSE CAN YOU DO?

- Let school know if you are worried- there are lots of things we can put in place, from extra support to extra time in exams.
- If you think that anxiety and stress are impacting on your daughter's day to day life, seek support from your GP.





THANKS SO MUCH FOR COMING ALONG...

