



SATS Stress Workshop

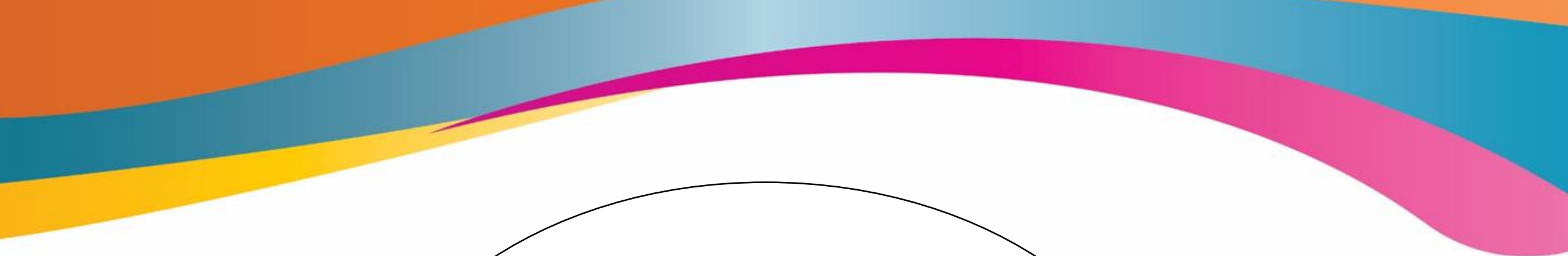
The Healthy Minds Team – NHS

Education Mental Health Practitioner



Aims For Today

- What is stress?
- The stress cycle
- Managing stress
- The stress bucket
- Unhelpful thinking
- To discuss ways to feel less stressed during exam periods



How are you
feeling about your
upcoming exams?

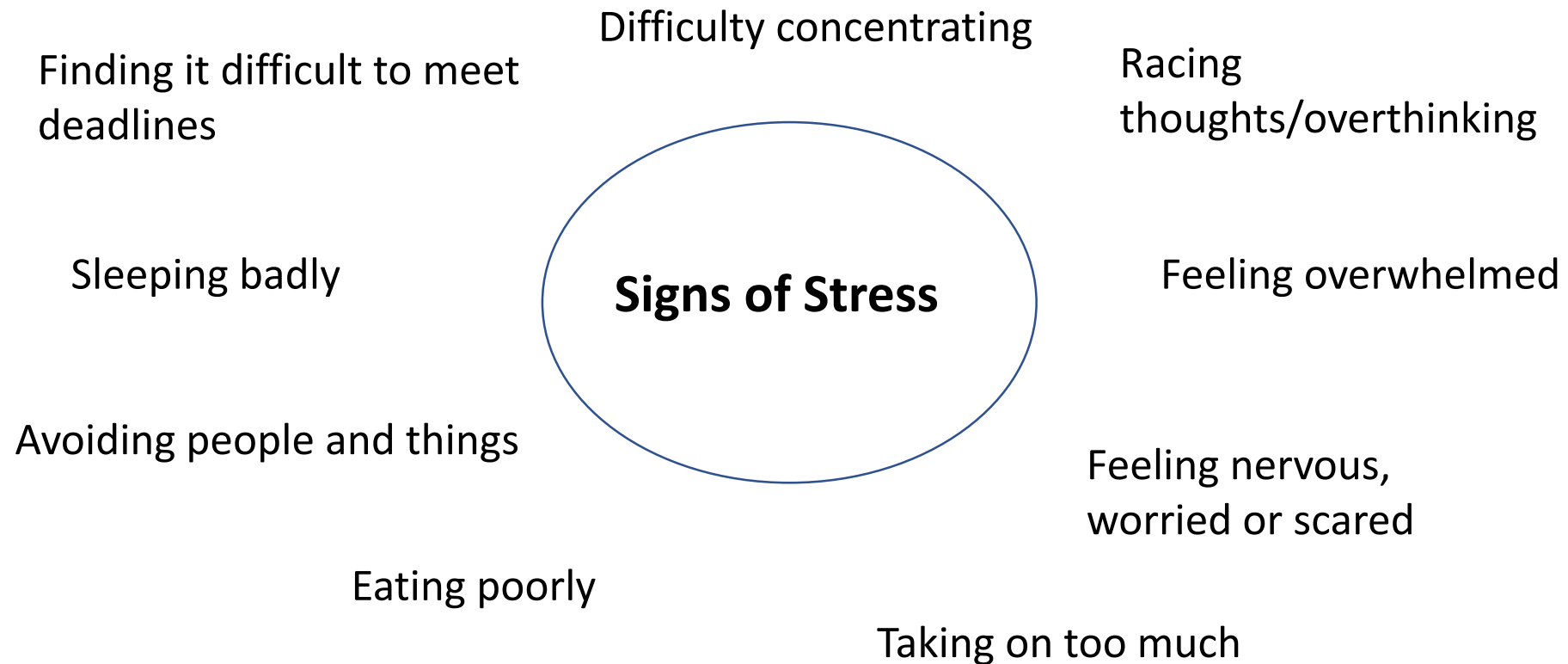
What is Stress?



- Stress is a **NORMAL** emotion that can be useful and help you improve.
- It can become a problem when it starts to impact your everyday life.
- Stress can negatively impact on your mood, social life and academic performance.



What is Stress?



Managing Stress



Drinks

To maximise your focus when revising it is important to stay hydrated. Even slight dehydration can lead to headaches, reduced concentration and being less alert!

Drink water – if not drink milk or small amounts of fruit juice. Tea and coffee count but are high in caffeine. It's best to avoid sweet fizzy and energy drinks as they are high in sugar and can lead to energy peaks but also energy slumps

Foods

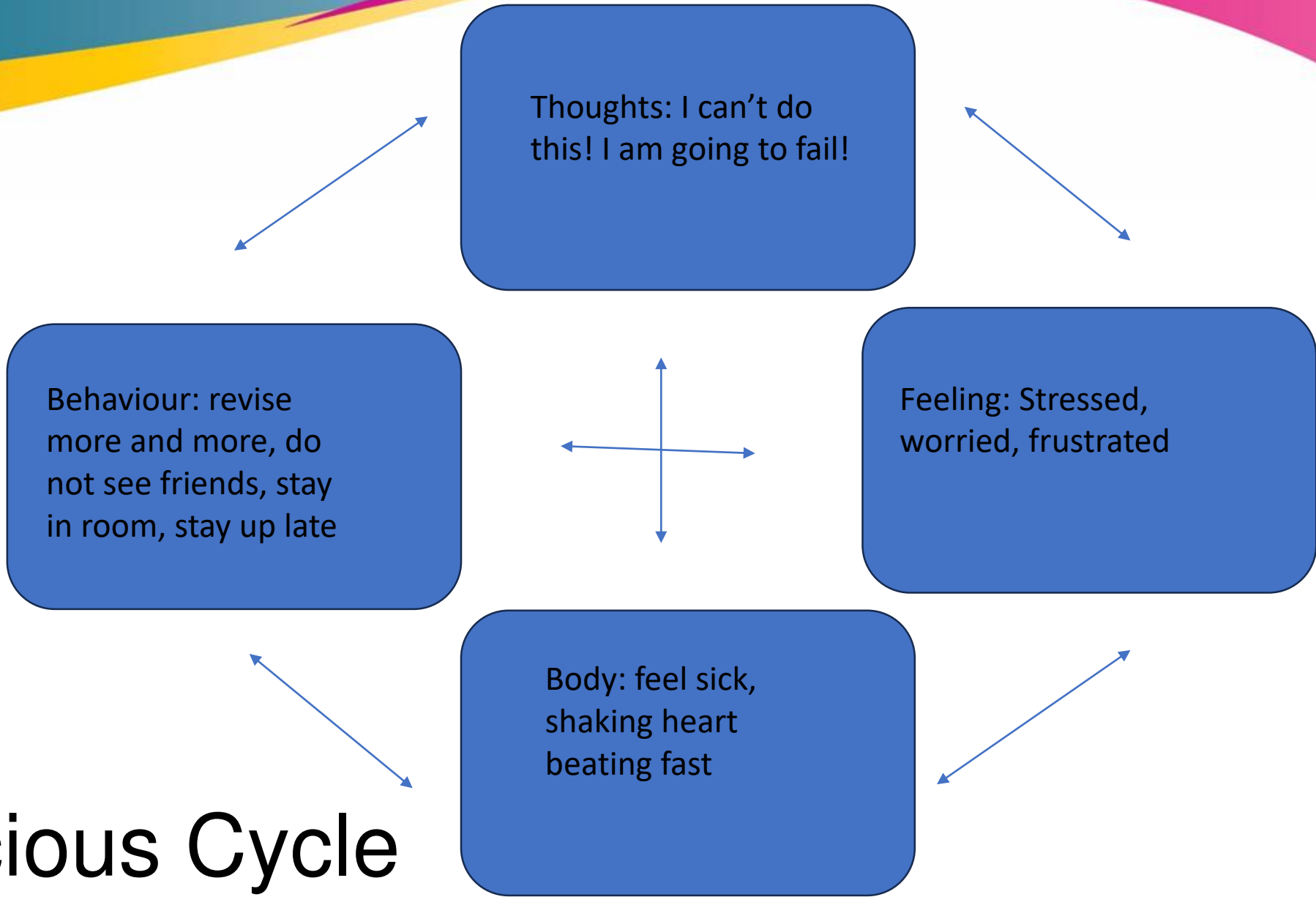
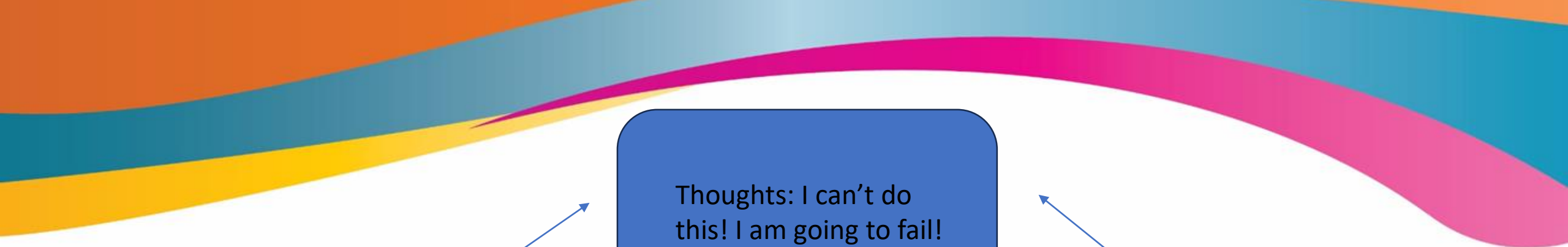
Eating a balanced diet can help focus and avoid illness. Eating fruit and vegetables are good as energy is released slowly, therefore, preventing energy slumps and peaks. Foods high in sugar such as cakes and sweets will cause energy peaks and then slumps!



Food and Sleep

We all know if we sleep better we can concentrate better. Some tips about food and sleep

- Don't eat a massive meal just before going to bed as it can interfere with your sleep.
- If you need a snack before bed have dried fruit rather than sugar
- Avoid caffeine – tea, coffee, cola, energy drinks and chocolate
- A warm glass of milk before bedtime can help you sleep better



The Vicious Cycle

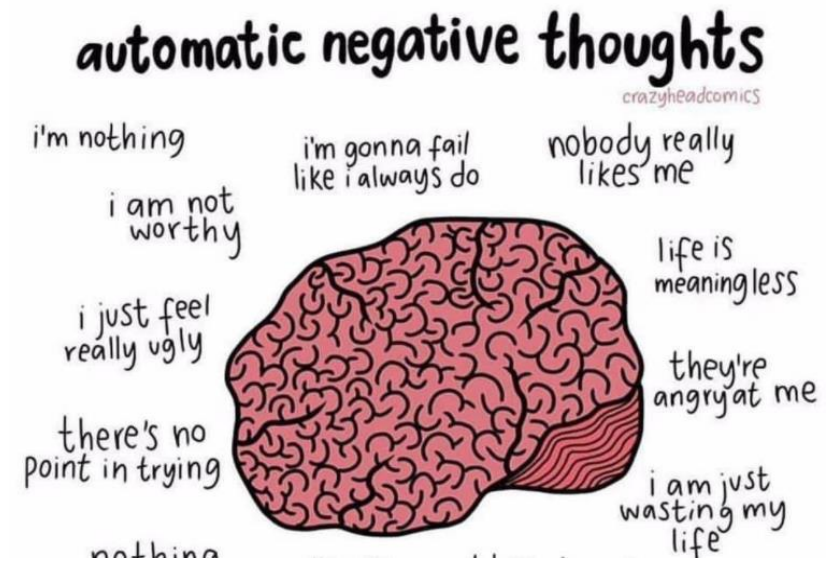
Unhelpful Thinking

Red/ Green Thoughts



Thinking is **AUTOMATIC**, however when you are stressed, you might notice that your thoughts can be negative, for example:

- I think things will go wrong
- I will fail
- I can't do this
- What if something bad happens





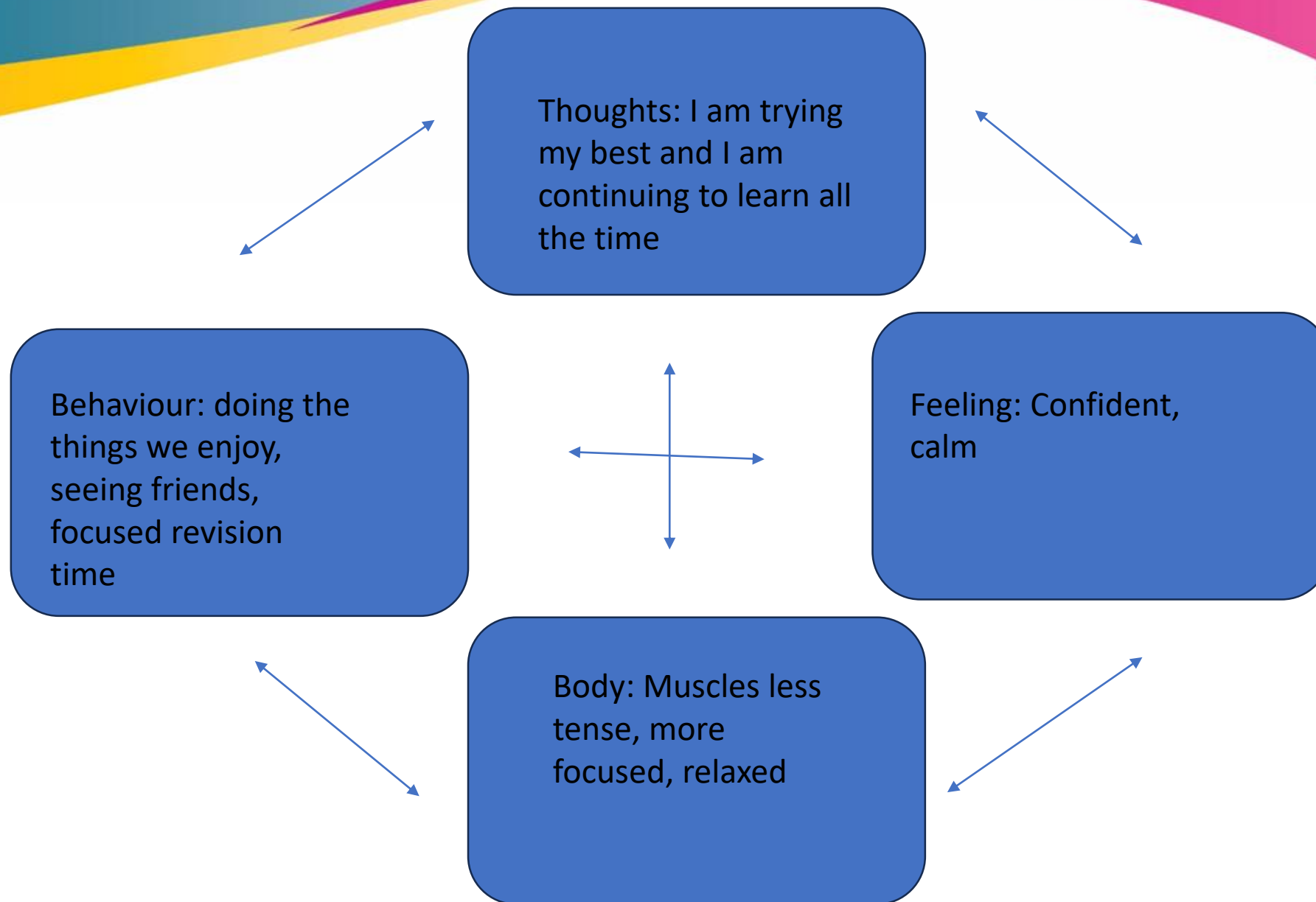
Negative Automatic Thoughts (NATS)

Why do we need to know about them?

If we know about them then we can start to notice them when they arrive and we can change them and swap it for a positive and helpful thought.

I have only done 2 hours of study becomes I have studied hard for 2 hours today and I am pleased I looked at ...

I am going to fail becomes I am going to try my best and see what happens





Positive Affirmations

I am trying my best!

I am studying and I am learning all of the time

I love being challenged by interesting subjects

In a couple of months/weeks/days this will all be over

I am working hard!

I can do this!

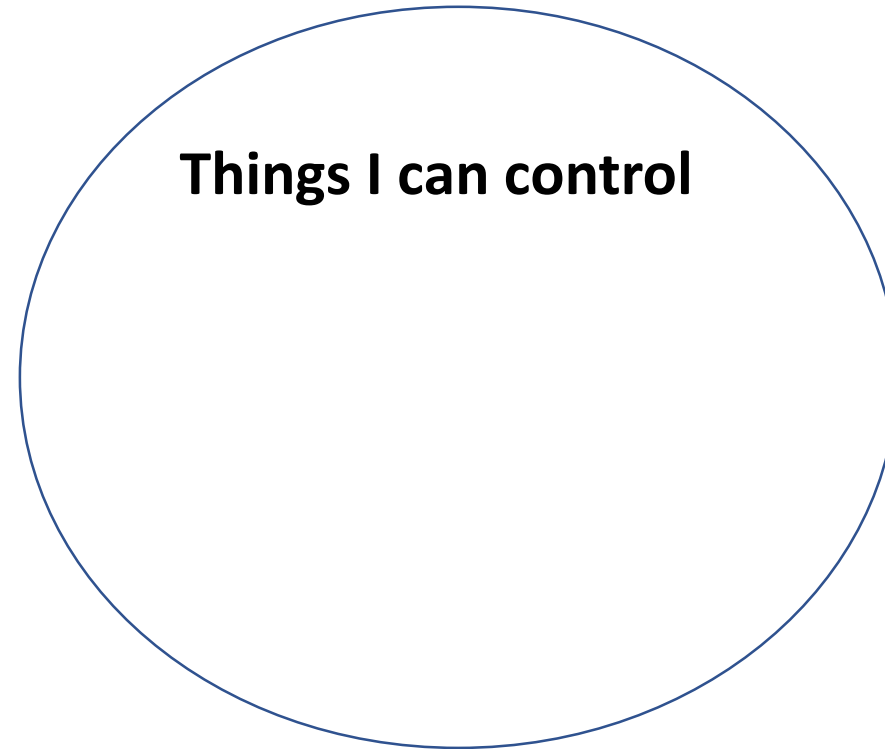
I can only do what I can do

I can't wait to show of what I have learned in lessons

If you notice any NATS, try practicing positive affirmations! It can help to write them down and repeat them whenever you need to.



The circle of control



Things I can control

Things I can't control

<https://youtu.be/7YIK0I5coOA>



The circle of control

Things I can control

- Trying my best
- Learning from my mistakes
- Trying new strategies
- Having regular breaks
- Asking for help
- Eating healthy and exercising

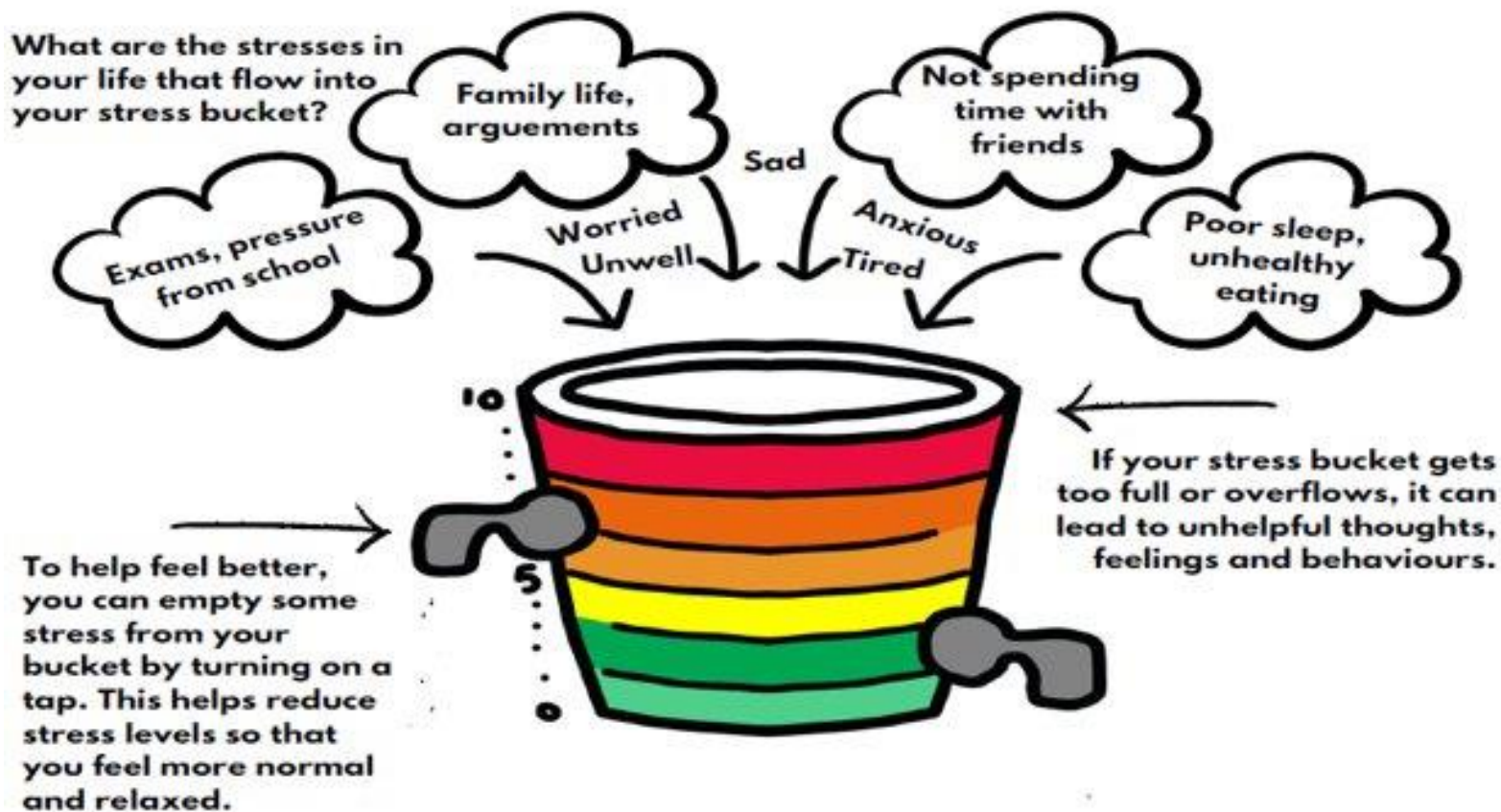
What questions come up on the exam on the day

Being poorly

Things I can't control

What other people say, do or think

The Stress Bucket



Problem Solving

Step 1

What is the problem?

Step 2

Let's think of some ideas to solve this problem.

Step 3

Let's choose two of your best ideas and think what is good and not so good about those ideas.

Step 4

Which one is more likely to work? Let's choose the best idea!

Step 5

Plan out step by step what you need to do to solve the problem.

What?

When?

How?

With who?

Are there any problems? How can you overcome them?

Solution #1: _____

Why is this a good solution?

Why might this not be a good solution?

Solution #2: _____

Why is this a good solution?

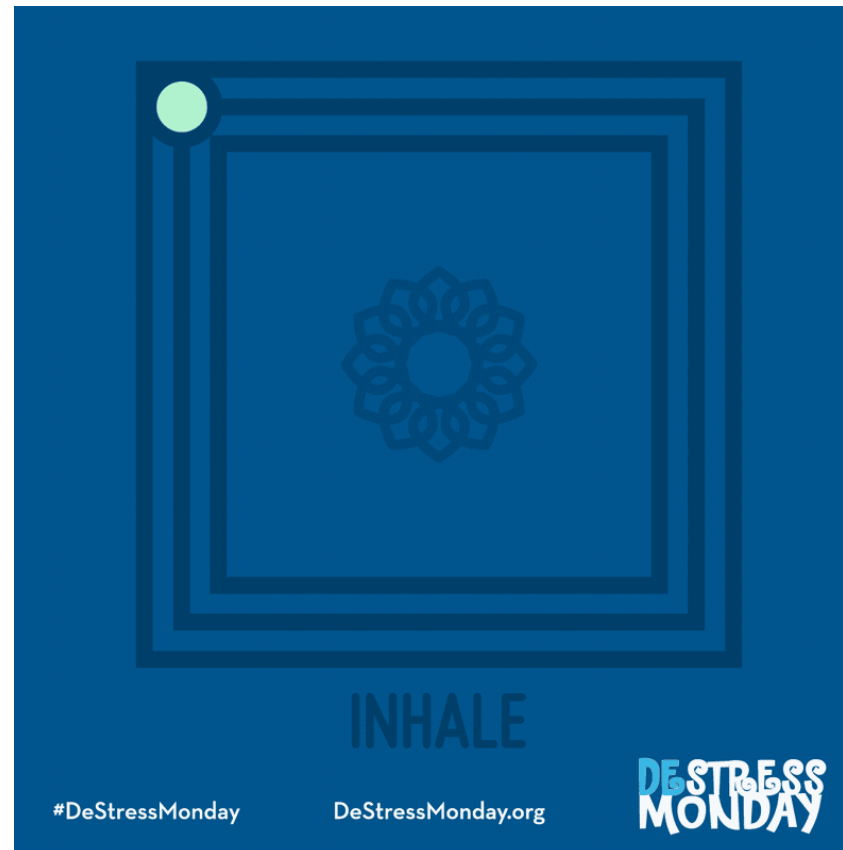
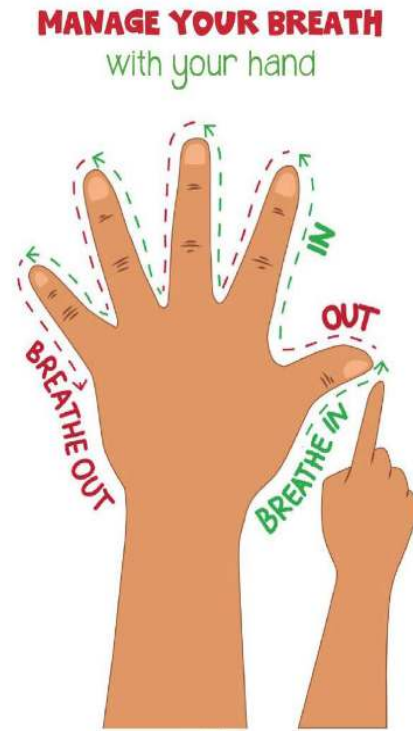
Why might this not be a good solution?



Top Tips for making sure your stress bucket does not overflow

1. Talk to a trusted adult, ask a friend for advice or seek support from other sources such as Kooth, Childline or YoungMinds.
2. Find ways to relax and take regular breaks throughout revision. Set a timer so you don't forget!
3. Stay healthy! Ensure you eat 3 healthy meals a day and stay hydrated.
4. Exercise- staying active can clear your mind and give you more energy.
5. Self care- do things that make you feel calm and relaxed.
6. Get enough sleep- avoid staying up late revising. Avoid caffeine and avoid devices when preparing to sleep. For advice around sleeping, go to the Teen Sleep Hub.

Breathing/Grounding Techniques



Grounding Techniques

Room search

Think of a category and search
the room for it.

For example, look for:

Everything that is a ... colour

Everything that is a ... shape

Things that feel of...

Things made of ...



Facts/interests

Think about and name facts about what is
going on right now. For example, think:

My age is...

My name is...

I am wearing...

The weather is...

I am in...



5,4,3,2,1

Take notice of your senses by
thinking of:

5 things you can see

4 things you can hear

3 things you can feel/touch

2 things you can smell

1 thing you can taste

