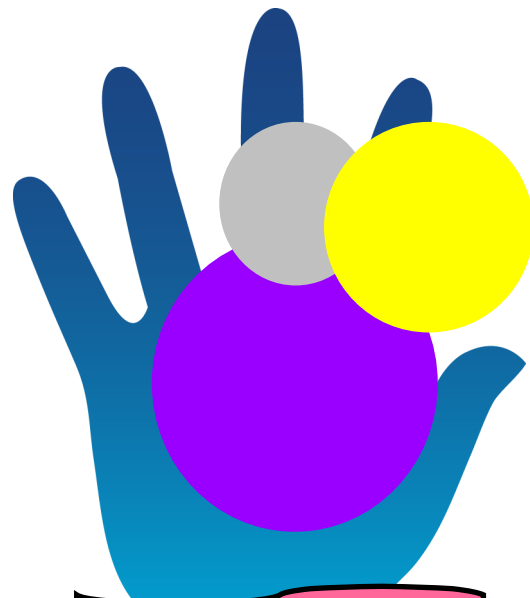


Feeling Anxious?

Are you feeling anxious at school or at home? Are the pressures of assessments and homework making you anxious and feel stressed? Here are some strategies you could try out to decrease your stress and anxiety:

Strategies for dealing with anxiety:

- ◆ **Take time out and relax for 15 minutes, hang out with friends, take a bath, listen to music, watch a good TV series or a funny animal video (cat videos always work best)**
- ◆ **Do something you enjoy or get a hobby**
- ◆ **Speak to someone this could put your worries into perspective**
- ◆ **Go for walk or a bike ride, everyone feels better after some fresh air!**
- ◆ **Start a diary, write 5 good things that have happened in your day**
- ◆ **Start a feelings journal, make notes of your feelings throughout the day, you can start to notice patterns of when you feel anxious**
- ◆ **Switch off all electronics and have a break from busyness of the internet**
- ◆ **If you feel overwhelmed by school work create a to-do list and cross it off once you've done it, you'll feel a sense of accomplishment!**
- ◆ **Worried about how much you need to revise for assessments or mocks? Create a revision timetable, half an hour sessions of revision and stick to it!**
- ◆ **If you have a pet, cuddle it! It's proven to reduce stress levels!**



Safeguarding Committee

If these strategies don't work then make sure you talk to someone you can trust! A teacher, parents friends and family!

NSPCC 

ChildLine
0800 1111 



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