

The Hart School

Year 10- 'How to revise' evening

How to manage stress and anxiety

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What Is Stress & Anxiety?

- Stress: Your body's reaction to challenges or demands
- Anxiety: Feelings of worry, fear, or unease
- Everyone experiences them — and that's okay!



Common Causes in Teens

- School pressure & exams
- Friendships & social media
- Family expectations
- Body image & self-esteem



Signs & Symptoms

- Feeling overwhelmed or irritable
- Trouble sleeping or concentrating
- Headaches or stomach aches
- Avoiding activities or people



Healthy Coping Strategies

- Deep breathing & mindfulness
- Talking to someone you trust
- Exercise & movement
- Creative outlets (art, music, journaling)

Breathing Techniques-Try this: 4-7-8 Breathing

- Inhale for 4 seconds
- Hold for 7 seconds
- Exhale for 8 seconds
- Repeat 3–4 times to feel calmer



Daily Habits for Mental Wellness

- Get enough sleep
- Eat balanced meals
- Limit screen time
- Stay organized with a planner



Quick Stress Busters

- Listen to music
- Take a walk
- Draw or write
- Hug a pet
- Laugh with a friend



When to Seek Help

- Stress affects your daily life
- Anxiety feels constant or overwhelming
- Talk to your parent, Form Tutor, Head of Year, SSO or anyone in school.
- Online resources including:

Helplines and crisis support

- **Shout:** Text 'SHOUT' to 85258 for free, confidential 24/7 crisis support.
- **Childline:** Call 0800 1111 or chat online with a counselor, available 24/7.
- **Papyrus:** Call 0800 068 4141 (10 am-10 pm), text 07786 209 697, or email pat@papyrus-uk.org for suicide prevention support for young people.
- **The Mix:** Offers a crisis messenger textline, webchat, and online/phone counseling for those under 25.

Online counseling and communities

- **Kooth:** Provides a free, safe, and anonymous online counseling service and emotional well-being platform for young people, accessible via computer, tablet, or mobile.
- **Mind's Side by Side community:** An online platform for people to connect, share, and learn from each other's experiences.
- **NHS:** The NHS provides information and advice on its website, including tips for dealing with anxiety and finding local services.

Useful Apps & Resources

- Headspace – Meditation & mindfulness
- Calm – Sleep & relaxation
- Moodfit – Mood tracking
- MindShift CBT – Anxiety tools



You've Got This!

- Stress is part of life — but you can manage it
- Use the tools that work for you
- Be kind to yourself 