

Wellbeing Newsletter – April 2023

April is Stress Awareness Month and as we approach final exams and are in the middle of mock exams we thought it would be useful to share with you some tips and strategies – some of which we have already shared with learners.

It's worth pointing out that stress is a perfectly normal human emotion and is not necessarily a bad thing [What Is Stress?](#). However, it does become a problem when our body goes into a state of stress in inappropriate situations and when it lasts a significant amount of time. Stress for long periods can be detrimental to our health and could result in high blood pressure, high sugar levels, IBS etc. You can find more information about stress here [Relationship Stress](#).

The difficulty in dealing with stress is that it affects people in different ways – some learners become more introverted; learners with eczema or skin conditions might have flare ups; learners may become less tolerant to other; it can affect the immune system so the challenge is to firstly recognise in ourselves what our stress triggers are and when we ourselves are stressed. We can all experience “bad days” but it's a prolonged period of time (eg 5 days in a row) where people display these negative changes that we need to be aware of.

At LDE UTC, we regularly share (weekly) with learners on our DigiBriefing padlet some tips from Action for Happiness [Happier Kinder Together | Action for Happiness](#) and have this week shared the Five Finger Breathing technique [5 finger breathing: Reboot your brain, calm down and be in the moment \(Daily Update 19\) - YouTube](#) as well as giving learners a daily “to do” activity. We will continue to share information about how to look after yourself during the exam period. The Mental Health First Aiders are available to support as well as our Chaplaincy team. If, as a parent, you are concerned about your child, please email safeguarding@ldeutc.co.uk directly and the concern will be picked up by one of the team.

We have put together some useful resources below that may help you support your child during stressful periods.

The Stress Management Society has produced this guide to support predominantly adults in the workplace in [The SMS Branded Stress Guide 2018](#) but it works for young people too.

BUPA has produced an infographic (again for adults) [10 tips for managing stress \(bupa.co.uk\)](https://www.bupa.co.uk/10-tips-for-managing-stress)

The Anna Freud Centre has a guide on supporting [Academic and exam stress : Mentally Healthy Schools](#)

Mental Health UK has a blog [8 Stress Awareness Activities - Mental Health UK \(mentalhealth-uk.org\)](https://www.mentalhealth-uk.org/8-stress-awareness-activities)

The NHS has a website where self referrals can be made [Stress Awareness Month 2023 | Community Living Well](#)

In short, stress management is all about how we control and how we react to a challenge. It's about understanding the link between thoughts, feelings and behaviour and to use problem-solving skills to support how we react and cope, with the understanding that everyone's reaction and problem solving is highly individual.

