

The



Campaign

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What the Stress LESS teacher training is about...

- Understanding acute stress.
- Role of staff.
- Role of Stress LESS Champions.
- Resources and support available.



According to the ChildLine National Exam Stress Survey of 1300 young people:

??% of young people felt anxious about exams and revision
96%

??% felt under pressure from their parents to do well
59%

??% said they never received any support in dealing with exams
64%



Stress



Stress facts

- We need a level of pressure and stretch in our lives – it can help to keep us motivated.
- Too much pressure and stretch can lead us to feel we can't cope.
- Acute stress causes the release of chemicals (adrenaline in particular) into our body resulting in the 'fight or flight' response.
- Stress triggers vary from one person to another.
- Too much stress can impact on our health and wellbeing and is a risk factor for physical and mental health issues.
- When we're stressed out – it can affect every area of our lives.



The good news . . .

- There are lots of every day things we can do to build our resilience and keep acute stress at bay.
- Different things help different people.
- It's about finding what works for you.

That's what this campaign is all about. . .





Five small changes;
For five weeks;
Feel better



Small changes can make a BIG difference...



Below are just some of the stress-busting things that you can build into your life. Try and pick one thing from each category for your Action Plan.

Start planning

- Create a clear space to work in; it will help clear your mind as well!
- Create a revision timetable
- Put a blocker on websites/ social media that distract you - just for set periods while you work
- Write a list of realistic tasks/goals for each day and complete one straight away
- Organise your notes into subjects, topics etc
- Create a 'pick me up' playlist for when the going gets tough

Stay positive

- At the end of each day, write down three things that have gone well
- Focus on what you can do not what you can't
- Put an end to negative self-talk such as "I'm useless"; "It's all going to go wrong"; "I'm a failure". Be nice to yourself!
- Try and imagine things going well
- Don't take yourself too seriously. Exams are important, but not worth getting ill over

Get physical

- Eat well: including 5 fruit or vegetables a day
- Drink lots of water - at least 2 litres a day!
- Get some exercise - anything that gets your heart beating a bit faster will lift your mood
- Go to bed an hour earlier
- Have a bath before you go to bed
- Put lavender on your pillow to help you sleep
- Avoid electronic equipment for an hour before bedtime

Connect with others

- Talk to someone close to you about how you are feeling
- Find ways that you and your friends can support each other
- Do something kind for someone else
- Ask teachers for help if you don't understand something (that's what they're there for!)
- Revising doesn't have to be boring. Revise with friends; test each other; make it fun

Time OFF!

- Treat yourself to five/10 minutes of 'me time' after every 45 minutes of study
- Take at least one day off a week to relax. This is important!
- Spend time doing things that you love i.e. hobbies, listening to music, reading, watching a film
- Take five minutes, in a quiet space, to simply BREATHE; in over four counts, hold for four counts, out over four counts

Please share your ideas with us:





Your Stress LESS life starts here...



How to create your
Stress LESS Action Plan
in 3 simple steps...

1. Decide on five small changes you are going to make over the next five weeks (see our list of ideas for inspiration). Write those changes at the top of the Action Plan below, in the spaces provided.
2. Record your changes by putting a tick in the box everytime you make that change in a week.
3. Rate out of five how you feel at the end of each week. 1 = No stress 5 = Overwhelmed

Five small changes; For five weeks; <u>Feel better</u>	Change 1 Write your 1 st change in this space	Change 2 Write your 2 nd change in this space	Change 3 Write your 3 rd change in this space	Change 4 Write your 4 th change in this space	Change 5 Write your 5 th change in this space	Rating: (1 - 5)
Week 1						
Week 2						
Week 3						
Week 4						
Week 5						

Please share what works - and what doesn't - with us on Facebook/Instagram.



What a teacher said.....

"The students learnt techniques and strategies that they could use themselves and that they were able to share with others. We are hoping to continue to use these, to help students as they hit pressure points throughout the year and not just at exam time."

What a Stress LESS Champion said.....

"I have learnt not only how to deal better with my own stress, especially during my AS Levels, but also how to help others to deal with their stress. It's been a truly enriching experience - thank you for allowing me to be part of this brilliant campaign!"



Initial costs for schools / colleges

- £500 for delivery of teachers session – half day.
- £800 for a full day – includes how to respond to students in emotional distress.





Recruiting Stress LESS champions

- Schedule a Stress LESS workshop in your school/college.
- Recruit 15 students to attend.
- Deliver the Stress LESS workshop.
- Identify 3-4 students to recruit as Stress LESS champions.
- Explain what is expected of Champions.
- Provide them with resources and support.





Role of a Stress LESS Champion

- Use the 'Take five' strategies for themselves.
- Promote the Stress LESS campaign to others.
- Direct their peers to help and support.
- Consider developing additional resources locally.

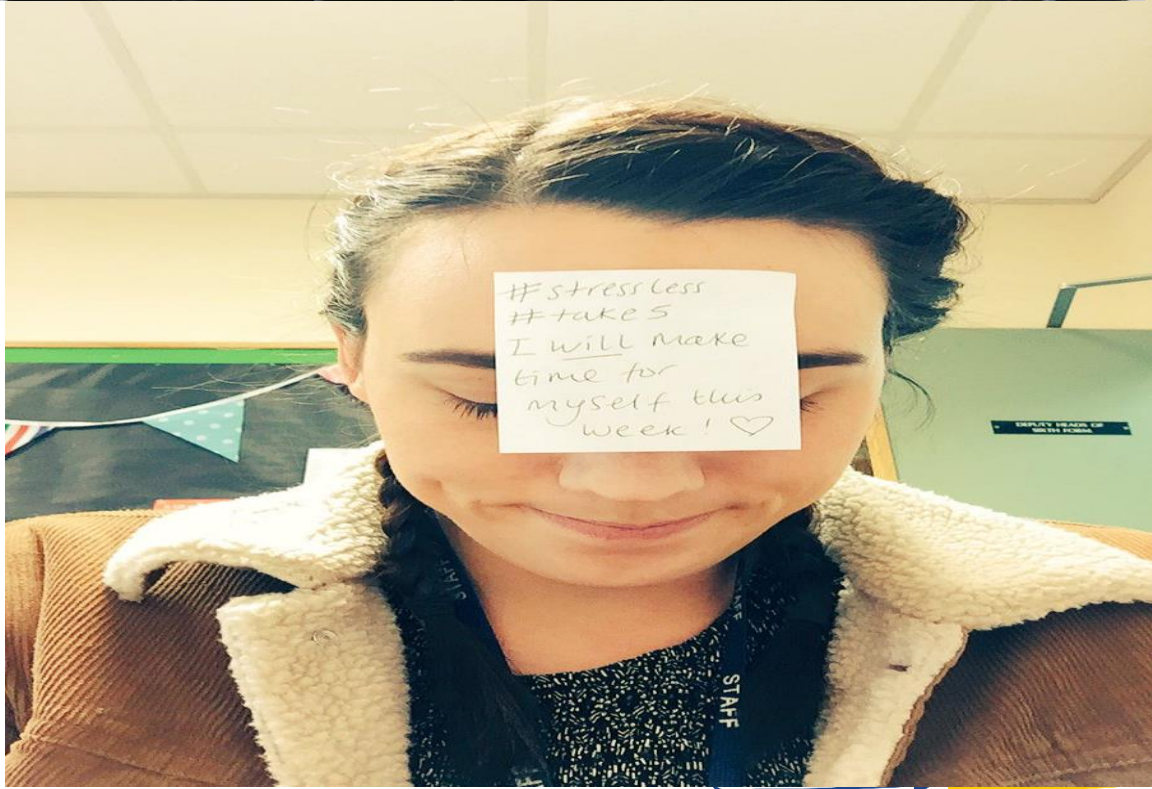




How Stress LESS Champions can help

- Try out their Action Plan strategies.
- Wear a Stress LESS Champion badge.
- Share ideas and photos on Social Media [#take5challenge](#).
- Distribute copies of the Stress LESS leaflet.
- Develop own activities and resources.







More ways Stress LESS Champions can help

- Encourage other students to try out Action Plan ideas.
- Take photos of students de-stressing (healthily!) share via ake5challenge, LESSTake5
- Encourage college staff to promote the campaign.
- Get involved in newspaper and radio promotion of the campaign (parent/guardian permission required).





A problem
will get
heavier when
the only
person
carrying
it is you

Exam stress? Check out our Stress LESS campaign:

 StressLESSTake5

 Stresslesscampaign

www.mindincambs.org.uk

Stress < LESS
Take five; feel better. [#Take5challenge](#)



Exam stress
got you feeling
a bit prickly?

Stress < LESS
Take five; feel better. [#Take5challenge](#)



Taking time
to do nothing
often brings
everything
into perspective

Exam stress? Check out our Stress LESS campaign:

 StressLESSTake5

 Stresslesscampaign

Stress < LESS



If you want to lift yourself
up, lift someone else up

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Stress < LESS
Take five; feel better. [#Take5challenge](#)

Stress LESS Innovation Project Grant

- Stress LESS Champions are eligible to apply.
- Up to £200 available to each school/college.
- To address specific needs of students at their school/college.
- To fund bespoke activities.
- To create additional resources.
- For new projects created 'by students for students'.
- To apply contact rob.earl@cpslmind.org.uk.

Stress LESS Evaluation

- Number of people who have attended training.
- Number of workshops they have delivered.
- Number of stress LESS champions recruited and their activity including social media coverage etc.
- Promotion of campaign.
- January to March 2017:
 - 21 schools reached in total
 - 4 student wellbeing workshops to schools in Cambourne, Huntingdon, Wisbech and Peterborough
 - Promoted on social media in April for Stress Awareness month

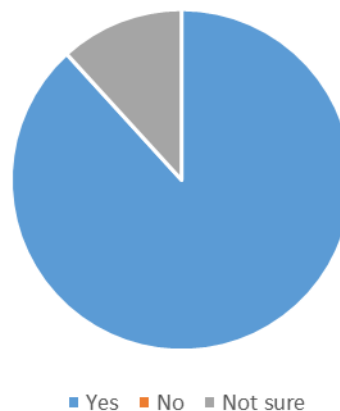
Stress levels before and after Champion training



Helpfulness of Champion training



I would encourage a friend to get help if they ever feel low, anxious or overwhelmed by stress



Resources to help you

- Promotional and publicity materials.
- Slides, session plan and handouts for workshops.
- Badges and leaflets.
- Support hours from CPSL Mind:

contact rob.earl@cpslmind.org.uk



Thank you

Happy de-stressing!

