

William Harding School Wellbeing Newsletter

Spring 2
2023



WILLIAM HARDING SCHOOL
Aim high... Work hard... Be kind...



STRESS AWARENESS MONTH - APRIL



Stress is a normal response to changes and challenges

we experience in life and children experience stress just like adults. We tend to think of stress as a bad thing, but good events (like holidays, new clubs or activities) also can cause stress. Children feel stress when there's something they need to prepare for, adapt to, or guard against. They feel stress when something that matters to them is at stake. These changes often prompt stress, even when the change is for the better.

In small amounts, and when you have the right support, stress can be positive. It can help children rise to a challenge. It can help them push toward goals, focus their effort, and meet deadlines. This kind of positive stress allows children to build the inner strength and skill known as resilience. Stress that is too intense, serious, long-lasting, or sudden can overwhelm a child's ability to cope. Stress can be harmful when children don't have a break from stress, or when they lack the support and coping skills they need. Too much stress over a long period of time can affect children's mental and physical health.

Stress Busting Tips

Be Active

Exercise won't make your stress disappear, but it can reduce some of the emotional intensity that you're feeling, clearing your thoughts and letting you deal with your problems more calmly.

Take Control

If you think you cannot do anything about your problem, your stress can get worse. That feeling of loss of control is one of the main causes of stress and lack of wellbeing.

Challenge Yourself

Setting yourself goals and challenges, whether at work or outside, such as learning a new language or a new sport, can help build confidence. This may help you deal with stress.

It can also make you want to do things and be active.

Stress Awareness Month



STOP



Relax
Daily



Let Go of the
"Shoulds"



Get Some
ZZZs



Seek out
Support



Signs and symptoms of stress

Strategies to Support Your Child with Stress

Withdrawn behaviour - children who are struggling with stress can act withdrawn and may not seem to enjoy the same hobbies they used to, or seem a little hesitant to join in with their peers.

Unexplained aches and pains - stress can manifest itself as physical symptoms. Children under stress tend to complain about unexplained headaches or stomach aches when they are fit and well.

Sleep - any change in sleep patterns can indicate that your child is stressed. For instance, all of a sudden, they can't wake up in time for school or, they've suddenly become a night owl who refuses to go to bed before midnight.

Eating patterns - any change in eating pattern can indicate stress. Your child may eat much more than usual or seem to pick at nothing.

Irritability - is your child suddenly acting out? Do they seem more irritable or

cranky than usual? Children who feel stressed don't know how to express what they are feeling, so they tend to act irritable or moody instead.

They tell you - some children will complain about their worries or stresses, while others will clam up. Be sure to talk to your children about stress to get a better handle on if they are feeling any. Ask questions such as, "Do you know what stress means?" or "Do you ever feel stressed?"



Teach your child to recognize any symptoms of stress

Encourage your child to ask for help when they recognize they may be getting stressed.

Give your child effective strategies to deal with the stress, such as physical activity, breathing exercises or meditation. Older children might also like journaling or creating artwork to express their feelings.

As with most things when it comes to parenting, actions speak louder than words. Make sure you are appropriately managing your own stress and your child will be more likely to follow suit.

Take some time to talk to your child about stress and the ways they can cope.



Challenging attitudes,
changing lives.

Rethink Mental Illness is a charity that aims to improve the lives of people severely affected by mental illness through our network of local groups and services, expert information and successful campaigning. Our goal is to make sure everyone severely affected by mental illness has a good quality of life, they have lots of information on stress Please click the [link](#) for more information.

Mind are a charity that provide advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding. Please click the [link](#) for their information and support regarding stress

