

# An important message for Essex schools from our Public Health and Healthy Schools Team

**Subject: Stress Awareness**  
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The Essex Child and Family Wellbeing Service (ECFWS) supports children, families, schools and communities to address current physical and emotional health, social, and financial issues that may affect the healthy development and future outcomes of young people.

Each month, we promote and support specific local, national and international campaigns by providing education, advice and information to other organisations that can improve health and wellbeing for all. Our campaigns can be interactive with real-life practical learning examples, including web links to resources, which can be used in the classroom or at home.

This month we are focusing our campaign on stress in response to April being **National Stress Awareness Month**.

Stress can affect an adults or child's emotional, mental and physical wellbeing. Fortunately, there are lots of useful lifestyle strategies that can be tried to help reduce daily stress.

## Your pupils' wellbeing – Primary

If mental health and emotional wellbeing is part of your PSHE spiral curriculum, then it will ensure that pupils know how to recognise and manage feelings and emotions. The PSHE Association has FREE guidance on 'Preparing to Teach about Mental Health and Emotional Wellbeing' for key stages 1-4 and this includes [detailed lesson plans](#).

With SATs fast approaching in May the BBC have 5 tips for children to help reduce their test stress:

- Don't compare yourself to your friends
- Talk to someone
- Take breaks during any revision
- Eat well and get sleep
- Exercise

To share the video clip with your pupils, click [here](#)

## Your pupils' wellbeing – Secondary

If you teach 11-16 year olds then we recommend downloading the FREE Public Health England 'Rise Above for Schools' lesson plans on:

- Exam Stress
- Online Stress and the Fear Of Missing Out

These [resources](#) have been awarded the PSHE Association's Quality Mark for effective practice in PSHE teaching. The accompanying guidance also suggests how to integrate these topics within your planned PSHE programme.

Pupils will also find great stress busting tips on the 'Rise Above' [website](#) in the format of video clips. The clips include advice from different celebrities.

## Family Wellbeing

*Please disseminate through Parent Mail where possible*

As a parent/carer we often put the needs of our family before ours. If you are feeling overwhelmed and stressed please click [here](#) to read the advice from the NHS on how to tackle it. Suggestions include:

- Talk to friends or family
- Have some 'me time'
- Try to get enough sleep - for the Sleep Council's free 30 day 'Better Sleep' plan click [here](#)
- Exercise - to do this as a family try the Change for Life Disney inspired 10 minute [games and activities](#).

If your child is taking their SATs in May it may be helpful to watch this BBC [clip](#) with them to find tips on how to reduce test stress. The advice includes:

- Don't compare yourself to your friends
- Talk to someone
- Take breaks during any revision
- Eat well and get sleep
- Exercise

## Wellbeing for you

It can be useful to identify if there are any lifestyle choices that may be contributing to your stress, for example diet. The charity Mind have a [video clip](#) on eight ways that your food can affect your mood. Their advice includes ensuring that you eat often and stay hydrated.

The NHS also have 10 stress busting ideas, which include:

- Be active
- Have some 'me time'
- Connect with people
- Work smarter not harder by leaving the least important tasks to last and accepting that your in-tray may always be full

To read the other ideas click [here](#) or to view the useful Apps that can help you manage stress click [here](#).

If you want to get more active, but are not sure where to start, then read some of the personal stories on the website 'This Girl Can' to [be inspired](#)

# References

Please use these references to further your reading and find out more information on Managing Stress.

1. PSHE Association. (2019). Guidance on preparing to teach about mental health and wellbeing. Available at: [www.pshe-association.org.uk/curriculum-and-resources/resources/guidance-preparing-teach-about-mental-health-and](http://www.pshe-association.org.uk/curriculum-and-resources/resources/guidance-preparing-teach-about-mental-health-and)
2. BBC. (2018). 5 Tips to help you beat stress. Available at: [www.bbc.co.uk/newsround/36193413](http://www.bbc.co.uk/newsround/36193413)
3. Public Health England. (2019). Rise Above for Schools. Available at: [https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview?WT.mc\\_id=RiseAboveforSchools\\_PSHEA\\_EdComs\\_Resource\\_listing\\_Sep17](https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview?WT.mc_id=RiseAboveforSchools_PSHEA_EdComs_Resource_listing_Sep17)
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5. NHS. (2019), How to deal with stress. Available at: [www.nhs.uk/conditions/stress-anxiety-depression/understanding-stress/](http://www.nhs.uk/conditions/stress-anxiety-depression/understanding-stress/)
6. Sleep Council. (2019). 30 day better sleep plan. Available at: <https://sleepcouncil.org.uk/30-day-better-sleep-plan/>
7. Change 4 Life. (2019). 10 minute shake ups. Available at: [www.nhs.uk/10-minute-shake-up/shake-ups](http://www.nhs.uk/10-minute-shake-up/shake-ups)
8. Mind. (2017). Food and Mood. Available at: [www.mind.org.uk/information-support/tips-for-everyday-living/food-and-mood#.XIZAvn7Rpg](http://www.mind.org.uk/information-support/tips-for-everyday-living/food-and-mood#.XIZAvn7Rpg)
9. NHS. (2019). NHS Apps Library. Available at: [www.nhs.uk/apps-library/category/mental-health/?page=1](http://www.nhs.uk/apps-library/category/mental-health/?page=1)
10. This Girl Can. (2019). Feel Inspired. Available at: [www.thisgirlcan.co.uk/feel-inspired/](http://www.thisgirlcan.co.uk/feel-inspired/)

To find out more information about us and the wide range of services we offer, please visit [www.essexfamilywellbeing.co.uk](http://www.essexfamilywellbeing.co.uk)

We are always looking for ways to improve and provide you with information that is beneficial and relevant to you. We value your opinion and would love to hear your feedback on our briefings. Please send your reply to [Essex.Communications@virgincare.co.uk](mailto:Essex.Communications@virgincare.co.uk)

