**Let’s Talk: Everyday Stress**

**Primary**

This resource is part of our self-care suite of resources and has been co-produced with children and young people living in Essex, for children and young people. They have also been developed and quality assured by the following stakeholders:

* Essex Educational Psychology Service
* Essex Health Watch
* Essex Mental Health Support Teams (MHSTs) NELFT NHS Foundation Trust
* Essex Multi-schools Council
* Essex Social, Emotional and Mental Health (SEMH) strategy team
* HCRG care group Child and Family Wellbeing Service
* NELFT NHS Trust Southend, Essex, and Thurrock (SET) Child, Adolescent and Mental Health Service (CAMHS)
* Professionals in schools and settings can access all these resources via the [Essex info link SEMH portal](https://schools.essex.gov.uk/pupils/social_emotional_mental_health_portal_for_schools/Pages/Self-care-for-CYP-Library.aspx). Children and young people (CYP), parents/carers and professionals can also access these resources via the SET CAMHS website. Our self-care content can also be accessed via SET CAMHS Instagram account:

The resources are intended to be accessed by CYP independently or trusted adults use these resources with CYP through 1:1 conversation, whole school/group discussion and assemblies.

Please note: some of the content within our self-care resources may be emotive for CYP. We recommend that you make use of the ‘signposting to support’ section of this document should any of the content be triggering.

   

 

**Introduction**

Stress is something everyone feels at times, especially when dealing with change or life challenges, such as money worries, work issues or relationship problems. A little stress can be a good thing, as it helps us to get things done or focus on something that needs our attention. How we manage stress can make a significant difference to our mental wellbeing, and the first step to managing it is to know how it affects us and why.



**Facts**

* Stress is a hormonal response from the body
* When we experience stress our body releases a hormone called adrenaline
* Stress is the body’s reaction to feeling threatened or under pressure
* Too much stress can affect our mood, our body, and our relationships
* Stress can affect our emotions and sometimes we may experience physical symptoms

**Myth Buster**

* Stress is purely negative X
* Everybody experiences and responds the same way to stress X
* Only adults experience stress X
* Stress cannot be controlled X
* Stress is a serious mental health condition X

**Video clips**

Check out these videos about everyday stress:

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| * [5 Steps to Wellbeing Animation - YouTube](https://www.youtube.com/watch?v=x6bz_ekkrYA) (KS2)   A guide to keeping your mind healthy |
| * [Stress Management Tips for Kids and Teens! - YouTube](https://www.youtube.com/watch?v=3Nf2Pzcketg) (KS2)   Tips on how to manage stress |
| * [Wellbeing activities: managing stress | British Red Cross](https://www.redcross.org.uk/get-involved/teaching-resources/wellbeing-activities-managing-stress) (KS2)   How to understand stress |
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**Resources**

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| We have indicated whether these resources are accessible for Ks1 or Ks2. Please note that some of the ks2 content could be adapted and differentiated to support pupils in Ks1. |
| * [Poster pupils WMHD (mentallyhealthyschools.org.uk)](https://mentallyhealthyschools.org.uk/media/1822/poster-pupils-wmhd.pdf) (KS1&2)   How are you feeling chart and 6 things that can help you feel good. |
| * [Talking mental health: animation & teacher toolkit | Anna Freud](https://www.annafreud.org/resources/schools-and-colleges/talking-mental-health-animation-and-teacher-toolkit/) (KS1 & KS2)   An animation about mental health, including managing big and small feelings. |
| * [How to Make a Self-Soothe Box | Young Person Blog | YoungMinds](https://www.youngminds.org.uk/young-person/blog/how-to-make-a-self-soothe-box/) (KS1 & KS2)   This self-soothe box for Ks2 children can be adapted for Ks1. |
| * [Stress | The Children's Society (childrenssociety.org.uk)](https://www.childrenssociety.org.uk/information/young-people/well-being/resources/stress) (KS2)   Explains what stress is, what causes it and how to manage it. |
| * [Wellbeing activities: managing stress | British Red Cross](https://www.redcross.org.uk/get-involved/teaching-resources/wellbeing-activities-managing-stress) (KS2)   Learning how to manage wellbeing can help us cope with change and challenges. |

**Reflective questions**

(Try exploring these reflective questions with a CYP)

* What is stress?
* Give 2 examples of things that can help us to cope stress
* How might stress affect us emotionally?
* How might stress affect us physically?
* How might you help a friend who may be dealing with stress?



**Quiz of 5 questions per theme**

Once you’ve gone through this resource with a CYP try this quiz questions with them:

* What are the 5 steps to wellbeing?
* Name 3 things which you can help us to cope with stress?
* Name some breathing or relaxation techniques that you are aware of
* What hormone is released in the body when you feel stressed?
* What is a self-soothe box?

**Additional ideas**

Other things to try:

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| * [Headspace for Kids meditation](https://www.youtube.com/watch?v=EfubAj5f_rM) (KS2)   Managing anxious thoughts and stress with mindfulness |
| * [The Partnership in Education](https://www.youtube.com/watch?v=30VMIEmA114) (KS2)   The 5-4-3-2-1 method: A grounding exercise to manage anxiety |
| * [Mindful Minute Mindful Eyes](https://www.youtube.com/watch?v=evU81WkWZrU) (KS1 & KS2)   Taking a moment to become mindful |
| * [The Mindfulness Teacher](https://www.youtube.com/watch?v=RpI9bm3lTQw) (KS1 & KS2)   30 second triangle breathing exercise |
| * [Pure Star Kids](https://www.youtube.com/watch?v=qTN_MtV5TFw) (KS1)   Candle and flower breathing |



**Signposting to Support**

For additional support we recommend that trusted adults use these resources to support children and young people access support when required:

* [Getting help for your child: where to start](https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/getting-help-for-your-child/)
* [Childline](https://www.childline.org.uk/info-advice/your-feelings/mental-health/?&&&&gclsrc=aw.ds&&gclid=EAIaIQobChMIqryktIeP_wIVicPtCh3QZQs6EAAYASAAEgJr5vD_BwE&gclsrc=aw.ds) 0800 1111 when [contacting ChildLine what to expect](https://www.youtube.com/watch?v=_KNtMOKwTco)?
* [Hopeline 0800 068 41 41](https://www.papyrus-uk.org/papyrus-HOPELINE247/) offering confidential support and practical advice
* [Text ‘SHOUT’ to 85258](https://giveusashout.org/get-help/?gclid=Cj0KCQiA6vaqBhCbARIsACF9M6nG--bxZCnflhd5C3jT-d9dS48o5t6XTTTidI0MLTgwjjRAlxszRT8aAnvvEALw_wcB) for free, confidential, anonymous text support service
* [NHS 111](https://www.nhs.uk/nhs-services/mental-health-services/)
* [Southend, Essex & Thurrock Children and Adolescent Mental Health Service (SET CAMHS)](https://www.nelft.nhs.uk/set-camhs/)
* [Where to get urgent mental health support from: Advice from NHS](https://www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/)

**How to help a friend**

* Share this resource with them
* Help them to relax by making them laugh and spending time with them
* Listen to them and offer reassurance

**The adult box** (for professionals and parent/carers to read)

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| * [Childhood Stress: How Parents Can Help (for Parents) - Nemours KidsHealth](https://kidshealth.org/en/parents/stress.html)   How parent/carers can help with stress. |
| * [Beano for Schools: Lesson 4 understanding stress](https://schools.beano.com/lesson-plans/understanding-stress/)   A lesson for both KS1 and KS2 teaching about stress to children. |
| * [Wellbeing activities: managing stress | British Red Cross](https://www.redcross.org.uk/get-involved/teaching-resources/wellbeing-activities-managing-stress)   PSHE lesson ideas for ages 7-18 to support children and young people manage stress. |
| * [Boiling point: Talking to children about stress | The Children's Society (childrenssociety.org.uk)](https://www.childrenssociety.org.uk/what-we-do/blogs/talking-children-about-stress)   Talking to children and young people about stress. |
| * [Managing stress and building resilience - tips - Mind](https://www.mind.org.uk/information-support/types-of-mental-health-problems/stress/managing-stress-and-building-resilience/)   Managing your own levels of stress and building resilience as the adults. |
| * [Talking to your child about feelings - NHS (www.nhs.uk)](https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/talk-to-children-about-feelings/)   NHS advice promoting different ways to talk to your child about feelings. |
| * [What is wellbeing? - KS1 and KS2 assembly | PHE School Zone](https://campaignresources.phe.gov.uk/schools/resources/wellbeing-ks1-ks2-assembly)   What is wellbeing assembly resource for primary schools. |
| * Stress - Every Mind Matters - NHS (www.nhs.uk)   Dealing with stress as the adult. |



   

 