**Let’s Talk: Everyday stress**

**Secondary**



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
* Acute stress happens within a few minutes to a few hours of an event. It lasts for a short period of time, usually less than a few weeks, and is very intense
* Chronic stress lasts for a prolonged period of time or keeps coming back. You might experience this if you are under lots of pressure a lot of the time.

**Myth Buster**

* Stress is purely negative X
* Everybody experiences and response the same way top 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 stress:

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| * [The Stress Bucket - With Me in Mind - YouTube](https://www.youtube.com/watch?v=AjGF2jmqNjA)   A video describing and illustrating the stress bucket analogy. |
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| * [The Stress Bucket explained - improve your mental health - YouTube](https://www.youtube.com/watch?v=2TEeoQROLqM)   Wellbeing online offers a further illustration to describe the stress bucket analogy. |
| * [Stress 101 - Understanding Stress and How to Manage It - HealthTexas Medical Group - YouTube](https://www.youtube.com/watch?v=9Hto1HeMrYQ)   A video that has been created to help children and young people understand what stress is and ideas they can try to help them manage when they are feeling stressed. |
| * [Stress on the Brain - YouTube](https://www.youtube.com/watch?v=fhI9KLwfpbM&t=13s)   Stress on the brain rap created by young people for children and young people. |

**Resources**

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| We have indicated whether the resources are accessible for Ks3, Ks4 or Ks5+. However, some of the content may be able to be differentiated to suit other age groups of children and young people using these resources. |
| * [HOPEBOX resource (papyrus-uk.org)](https://www.papyrus-uk.org/wp-content/uploads/2018/09/HOPEBOX-resource.pdf)   A HOPEBOX goes by a lot of names: crisis box, emergency box, self-soothe box, happy box. You can call it anything that makes you feel comfortable. The idea behind this box is that it is filled with things that can help you to feel better. When you're feeling upset, anxious, or experiencing thoughts of suicide then you can use the box to feel better. |
| * [Coping Strategies (papyrus-uk.org)](https://www.papyrus-uk.org/wp-content/uploads/2018/10/Coping-Strategies.pdf)   Papyrus booklet offering a range of coping strategy suggestions. |
| * [The Stress Bucket - YouTube](https://www.youtube.com/watch?v=FrfYcNFKi3A)   Mindwell video illustrating their version of the stress bucket. |
| * [Grounding 101: Featuring 101 Grounding Techniques! — Beauty After Bruises](https://www.beautyafterbruises.org/blog/grounding101)….   101 ideas to support you to develop grounding techniques. |
| * [Balloon | Childline](https://www.childline.org.uk/toolbox/games/balloon/)   Click on the blank letter box and write your problem or worry in the space. Blow up a balloon using the pump - inflate it at least 4 times on mobile and 7 on desktop to release it. But be careful not to pop it!  Click and drag the balloon onto the letter. Sit back and watch your worries float away. |

**Reflective questions**

(Try exploring these reflective questions with a CYP)

* Give 2 examples of things that can help us to cope with 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 is the stress bucket?
* Name 3 activities which you can help us to cope with stress?
* Name 3 strategies you could suggest to a friend to help them cope with stress?
* What is the stress chemical that is released into your body?
* What is the difference between acute and chronic stress?



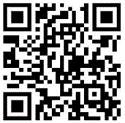
**Additional ideas**

Other things to try:

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| * [Poster pupils WMHD (mentallyhealthyschools.org.uk)](https://mentallyhealthyschools.org.uk/media/1822/poster-pupils-wmhd.pdf)   Mentally healthy schools’ poster to encourage you to think about your emotional wellbeing and mental health. |
| * [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/)   A box you can create to support you when you are feeling stressed and overwhelmed. |
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**Signposting to Support**

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

* [Anna Freud Centre – On My Mind](https://www.annafreud.org/on-my-mind/)
* [Kooth.com](https://www.kooth.com/)
* [Explore counselling/therapy](https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/counselling/)
* [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.
* [Share any concerns about your mental health with your GP](https://www.mind.org.uk/information-support/guides-to-support-and-services/seeking-help-for-a-mental-health-problem/talking-to-your-gp/) and [Understanding Confidentiality](https://www.mind.org.uk/for-young-people/your-rights/understanding-confidentiality/)
* [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/)
* SET CAMHS Instagram account 

**How to help a friend**

* Start a discussion with your friend about stress
* Share the different activities and strategies you both/all use to cope and manage stress
* Share this resource with them
* Tell them about the SET CAMHS Instagram account
* [Supporting a friend | DEAL | Education | Samaritans](https://www.samaritans.org/how-we-can-help/schools/deal/deal-resources/connecting-others/supporting-friends/)

Samaritans resources

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

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| * [Stress management tips for teens and families – Children's Health (childrens.com)](https://www.childrens.com/health-wellness/stress-management-tips-for-teens-and-children)   Learning about stress and how it can affect children and young people. |
| * [Physical and mental wellbeing KS3 and KS4 lesson plan | PHE School Zone](https://campaignresources.phe.gov.uk/schools/resources/physical-mental-wellbeing-ks3-ks4-lesson-plan)   KS3 and KS4 lesson plans to teach how physical activities can support wellbeing. |
| * [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. |
| * [The worry tree – KS3 and KS4 activities | PHE School Zone](https://campaignresources.phe.gov.uk/schools/resources/the-worry-tree-ks3-ks4-activities)   The worry tree resource for KS3 and KS4. |
| * Stress - Every Mind Matters - NHS (www.nhs.uk)   Dealing with stress as the adult. |
| * [Talking mental health: animation & teacher toolkit | Anna Freud](https://www.annafreud.org/resources/schools-and-colleges/talking-mental-health-animation-and-teacher-toolkit/)   Introducing mental health to students through an animation and supporting teacher toolkit. |
| * [Wellbeing activities: managing stress | British Red Cross](https://www.redcross.org.uk/get-involved/teaching-resources/wellbeing-activities-managing-stress)   Activities to use with children and young people to support them manage and understand stress. |