

Do Now

Minimising stress and improving exam performance



Bella is feeling confident. She made a plan a while back to minimise her stress levels prior to her exams – and it's worked. The first Maths exam is done, it seemed to go well (though it was challenging), and Bella is almost looking forward to the second.

Discuss: What kind of things do you think Bella included in her plan?



Why can a little bit of stress actually be a positive thing?

I think a little bit of stress can actually be a positive thing because...

Learning outcomes:

Recognise signs of change in mental health and wellbeing and demonstrate a range of strategies for building and maintaining positive mental health, including managing stress and anxiety in relation to exams.

Identify positive associations between physical activity and promotion of mental wellbeing, including as an approach to combating exam stress.

Stress Management - Stress management is defined as the tools, strategies, or techniques that reduce stress and reduce the negative impact of stress.

Exam performance – How well you perform in exams. This is down to many factors, most of which are completely in your control.

What is stress anyway – and how can a little bit of it be a good thing?

Watch carefully, we'll go through the answers together shortly.

<https://www.youtube.com/watch?v=idQKicogxP8>

<https://www.youtube.com/watch?v=laVKXx767rw>

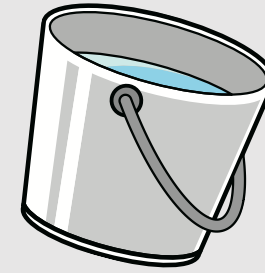


What is stress?

How can a little bit of stress be a good thing?



Let's go through the answers now – be sure to fill in any that you've missed.

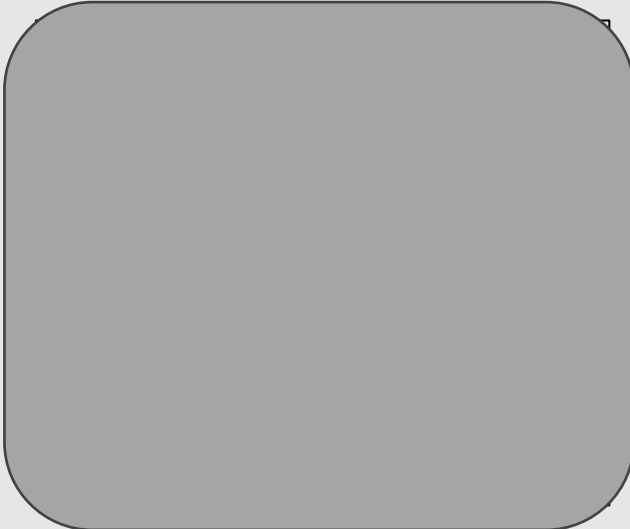


What is stress?	How can a little bit of stress be a good thing?
Stress is a physical and emotional response to pressure.	You can have a challenge response – which is when your brain gives you maximum focus.
Stress is something which can be negative and cause sleep problems	The challenge response (when there is not overwhelming stress) can give you more blood flow to your brain.
Stress is our body's way of protected us from harm and can feel different for everyone.	Your senses can be more opened to the information available to you. (Clip 2) If your stress bucket is not filled to the top, then it can be used as healthy stress.
Stress is when we have changes in our body that make us feel more alert – there can be physical symptoms such as heart racing or lack of concentration in cases of too much stress.	You can shift from a threat response to a challenge response by re-framing your response and thoughts about the stress, positively and embracing the energy.

Take a couple of minutes now with a partner, using the clues to identify some common mistakes teens make in the lead up to their exams. We'll reveal the answers shortly.



What common mistakes do teens make in the lead up to their exams?

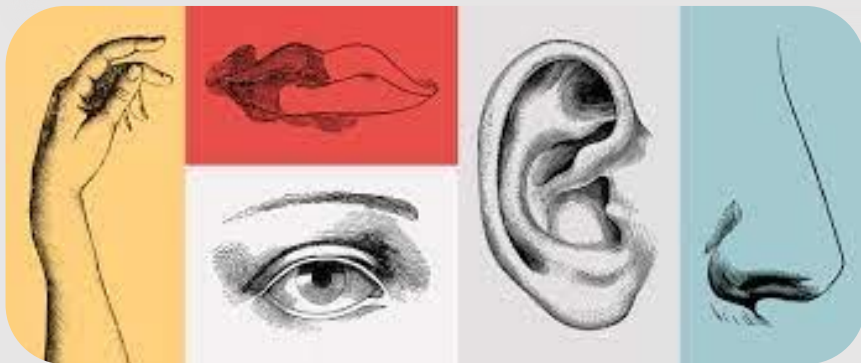


This exercise is particularly useful if your stressful emotions come out of nowhere, and you need to quash them quickly. You can do this anywhere, and don't need to be sitting down like last time.

This is commonly used by people who have anxiety or panic attacks as it works immediately, so it's a great one to remember all through life, to help both yourselves and others around you.

<https://www.youtube.com/watch?v=30VMIEmA114>

Now, how do you feel?



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Useful, legitimate and appropriate helplines and charities:

Young Minds. Child and adolescent mental health charity for teens struggling with any subject. Call: 0808 802 5544

Teen Line | Teens Support hotline - Connect, talk, get help! Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling.

SANE. National out-of-hours mental health charity offering emotional support, guidance and information. Call: 0300 304 7000 (4.30pm to 10.30pm)

Mental Health Foundation. Information and support for anyone with mental health problems.

Reporting a Concern at Thornden School

- It is important to us that all of you feel safe, happy and belong at Thornden.
- We also know that sometimes it is not as easy as simply telling a member of staff
- It could be:
 - A friend you are worried about
 - Someone being unkind to you
 - Something you have heard and think we should know

How can you report anything you are worried about?

- Speak to a member of staff or parent / carer
- Visit the Well Being Den or Head of Year area
- On Satchel each week you will be sent a link to a form to share any worries you have
- On our school website homepage there is a 'Report a Concern' link.
- In the Student Bulletin there is a 'Report a Concern' link
- On all school desktops there is a 'Report a Concern' logo to click and report anything

Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.



Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people)

MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>