

Summer 2026



Children &
Young People's
Health Services

Stress Awareness Month

Dear schools,

Happy Summer Term! We hope you all had a lovely Easter break.

We all know that with the final term of the year comes longer days and (hopefully) more opportunity to get outdoors and enjoy the sun!

But for many, it will also include preparation for exams and big transitions.

So, to help you prepare, we would like to share some tips on how to manage stress during such periods of change.

#BetheChange

In 2026, the theme for April's stress awareness month is "Be the Change".

Its aim is to promote a focus on taking deliberate action to support stress management, and to foster resilience in both our personal and professional lives.

Inspired by Mahatma Gandhi, #BetheChange encourages us all to take proactive steps to reduce stress in our lives, and build a healthier, more resilient outlook on our mental health and wellbeing.

Start your journey to less stress by using

The 5 R's....

Whole School Approach

Following last term's planning meetings, we have now organised all of your requests and will be contacting you shortly to schedule all of your workshops, groups, and information sessions!



Reorganise



Release



Relax



Reduce



Rethink

More info here: <https://www.kidsfirstservices.com/first-insights/stress-reduction-strategies>

Additional Resources:

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/tips-to-reduce-stress/>

<https://www.annafreud.org/news/what-is-good-practice-for-minimising-stress-overload/>

<https://www.youngminds.org.uk/professional/resources/stress-bucket-activity/>