

YEAR 11

HEALTH AND WELLBEING

We have put this information together for you to help you deal with the stressful time that GCSE's can bring your child and those around them.

We hope you find it useful. Please remember we are always here to support you, so please get in touch with your child's tutor or assistant head of house if you feel you need to.



BE Yoga

Just as physical health can get better or worse, maintaining your mental wellbeing is so important, especially at this time of higher stress levels in the general population. Yoga joins together and unites the mind and the body, when you feel stronger physically this will also help you feel emotionally and psychologically stronger, calming the chatter in your mind will help the symptoms of stress and anxiety that can be damaging physically.

01444 628099 (Above Izzy's Party Shop) Aviation House,
1-3 Sussex Road, Haywards Heath RH16 4DZ



Youth Emotional Support (YES)

Youth Emotional Support is a free service for young people aged 11-18 looking for support with their well-being.

Link to their leaflet:

www.westsussex.gov.uk/media/6590/youth_emotional_support_yspace.pdf

Contact them directly for self referral:

yes@westsussex.gov.uk Tel: 033 022 26711



Dolphin Leisure Centre

We're passionate about helping you stay physically active and emotionally engaged in fitness, sport and wellbeing.

01444 457337 Pasture Hill Road, Haywards Heath,
West Sussex, RH16 1LY.



Yoga and Meditation to do at home

This is a great teen yoga YouTube channel for some yoga and meditation to try out at home.

https://youtu.be/Ylr5WSxU_r0

TIPS FOR BETTER TEEN SLEEP

**No electronics
in the bedroom**

**Set & keep a
regular bedtime**

**Wake your teen as
late as possible**

**Exercise regularly
Healthy eating**

**Limit screen time
to 2-3 hours**

**Keep bedroom
dark & cool**



Knowing that someone
is always there for them
can work like magic.



Managing Stress



Don't expect to have perfect health during your exams. Expect to have occasional bad days and allow yourself the odd crisis. However, prolonged stress damages your mind and your health. Treat stress seriously.

The Science Bit: The Effects of Stress on Students



Emotional e.g. tension, anxiety and depression.

Cognitive e.g. poor memory; difficulty concentrating.

Physical e.g. digestive and breathing problems.

Behavioural e.g. problems sleeping.

Four Great Exam Stress Busters



EAT WELL - a healthy diet contributes to a strong nervous system, better sleep and clear thinking!



EXERCISE - relieves your frustration, helps relaxation, lowers blood pressure and aids sleep.



SLEEP - recharges the batteries; improves concentration & your mind still revises while you rest!



TEAMWORK - talk to family, friends, staff and other support resources to get advice as you go.

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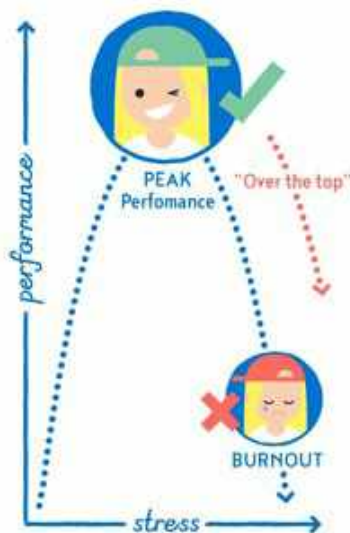


5 STEPS to STUDY SUCCESS

We've done the homework on studying so you don't have to. These are your scientifically proven steps to study success.

1 NOT ALL STRESS IS BAD

While it's often given a bad rap, the right amount of stress can actually motivate you to get stuff done. The key thing is to recognise when stress has tipped over from being a motivating force to an overwhelming emotion.



2 20-MINUTE STUDY RULE

No one can study for six hours straight and be effective. Break up your time into twenty-minute chunks for the most effective use of your brain.



3 SAY IT OUT LOUD

The best way to really remember and learn is to talk about what you're learning out loud, without using any notes.

4 BREAKS = GOOD, CONSTANT DISTRACTION = BAD

Taking planned and timed breaks will help you remain on task, but checking your social every 5 minutes is a sure-fire study fail. Research shows that it can take up to twenty minutes to refocus on your task once you've been distracted.



5 SLEEP IS YOUR FRIEND

If you get a good night's sleep before your exam, you are scientifically proven to retain more of what you studied the day before than if you stay up crazy late.



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7 TIPS FOR MANAGING EXAM STRESS

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FOR YOUNG PEOPLE

FOR PARENTS/CARERS

Stay organised with to-do lists and study timetables



Give them time off chores and non-urgent family stuff

Take regular study breaks



Encourage them to keep doing the activities they did before exams

Have a dedicated study space



Help them set up a study space and make sure the rest of the family understands

Have a long term goal



Chat with them about what they want to do after exams

Get as much sleep as possible



Remind them to go to bed at a regular time each night

Remember your health: eat well and stay active



Go on study break walks with them and try to cook wholesome meals

Talk to the people around you



Make a time to chat to them and let them vent

Useful Websites with tips for parents



Useful Websites with tips for parents

<https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-exam-stress/>



<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-exam-time/>



https://pbs.twimg.com/profile_images/1238507137703305216/nQm7-TGe_400x400.jpg



<https://www.whiteswanfoundation.org/education/exam-stress-how-can-parents-deal-with-it>



Catherine Coulter
Bristol Child Parent Support

<https://bristolchildparentsupport.co.uk/how-to-manage-exam-stress-and-study-smart/>