

1	<b>Resilience</b>	Adapting to difficult situations. When stress, adversity or trauma strikes, you still experience anger, grief and pain, but you're able to keep functioning — both physically and psychologically.	12	<b>Impact of stress</b>	A small amount of stress can help us to complete tasks and feel more energised. But stress can become a problem when it lasts for a long time or is very intense. In some cases, stress can affect our physical and mental health.
2	<b>Managing stress and building resilience</b>	Look after your wellbeing. Build your support network. Identify your triggers. Organise your time. Talk to a trusted friend or adult.	13	<b>Causes of stress</b>	Feeling under lots of pressure Big changes in your life Worries Lack of control Overwhelming responsibilities Lack of work, activities or change in your life Experience discrimination, hate or abuse Periods of uncertainty
3	<b>Seeking support</b>	Form tutor, Head of year, Family, School nurse, Doctor Young Minds - <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a> Childline - <a href="http://www.childline.org.uk">www.childline.org.uk</a> Phone: 0800 1111 Samaritans - <a href="http://www.samaritans.org">www.samaritans.org</a> Phone: 116 123 Shout - a 24-hour text service for someone experiencing a crisis and needing immediate help: 85258	14	<b>Treatment for stress</b>	There are no specific treatments for stress. But there are treatments for some of the signs and symptoms of stress. Speaking to your GP Medication Talking therapy Complementary and alternative therapies
4	<b>Growth mindset</b>	The idea that your mind will not always be the same and can be shaped to achieve what you would like it to, through hard work, dedication and resilience.	15	<b>Fight, flight or freeze</b>	The body's response to perceived threat or danger. During this reaction it will increase our heart rate, slow down our digestion and shunt blood flow to major muscle groups. The body will have a burst of energy or strength. When faced with a situation we will either stand up and 'fight' or 'fly' away and hide or do nothing.
5	<b>Fixed mindset</b>	The belief that intelligence, talent, and other qualities are innate and unchangeable. If you're not good at something, you typically think you will never be good at it.	16	<b>Stress busters</b>	Take breaks from the news and social media. Take care of yourself - eat healthy, give yourself a break, eat properly. Take control Connect with people

					Challenge yourself Avoid unhealthy habits.
<b>6</b>	<b>4 problems with a fixed mindset.</b>	Stops you from overcoming difficult situations. Prevents you from taking important risks Poor confidence and self esteem. It promotes negativity.	<b>Tips for coping with exam stress</b>		
<b>7</b>	<b>Key elements of a growth mindset.</b>	Embrace challenges. Persist in the face of setbacks. See effort as a path to mastery. Learn from criticism. Find inspiration in the success of others.	<b>17</b>	<b>During exam periods</b>	Make time for things you enjoy. Talk to others about how you feel. Take regular breaks. Remember that exams won't last forever. Get enough sleep, food, water and exercise. Try not to compare yourself to others.
<b>8</b>	<b>Self-esteem</b>	How we value and perceive ourselves. We might also think of this as self-confidence.	<b>18</b>	<b>Preparing for an exam</b>	Attend revision classes Make a revision timetable.. Working in the best way for you. Revise in the best place for you.
<b>9</b>	<b>Signs of low self-esteem</b>	Feeling hopeless or worthless Blaming yourself unfairly Hating yourself Worrying about being unable to do things	<b>19</b>	<b>On the day of your exam</b>	Prepare your items the night before. Start your day the best you can. Try to ground yourself with a breathing exercise. Take your time. Remind yourself that it'll be over soon.
<b>10</b>	<b>Improving self esteem</b>	Be kind to yourself Try to recognise positives Build a support network Try talking therapy Set yourself a challenge Look after yourself	<b>20</b>	<b>After your exam</b>	Try not to compare your answers to others. Reward yourself. Focus on next steps. Relax before your next exam.
<b>11</b>	<b>Stress</b>	How we react when we feel under pressure or threatened. It usually happens when we are in a situation that we don't feel we can manage or control.			

