

Supporting Your Child - Wellbeing, Exams, and Managing Stress

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Why Wellbeing Matters

- Good wellbeing supports better learning and performance
- Emotional health is just as important as grades
- Parents play a key role in reducing stress and boosting confidence

Understanding Teen Wellbeing

- Adolescence = rapid change
- Common challenges: mood swings, self-doubt, pressure to succeed
- Wellbeing = feeling safe, supported, and resilient
- Wellbeing is the foundation of success



**All young people will
process things differently
from an adult**

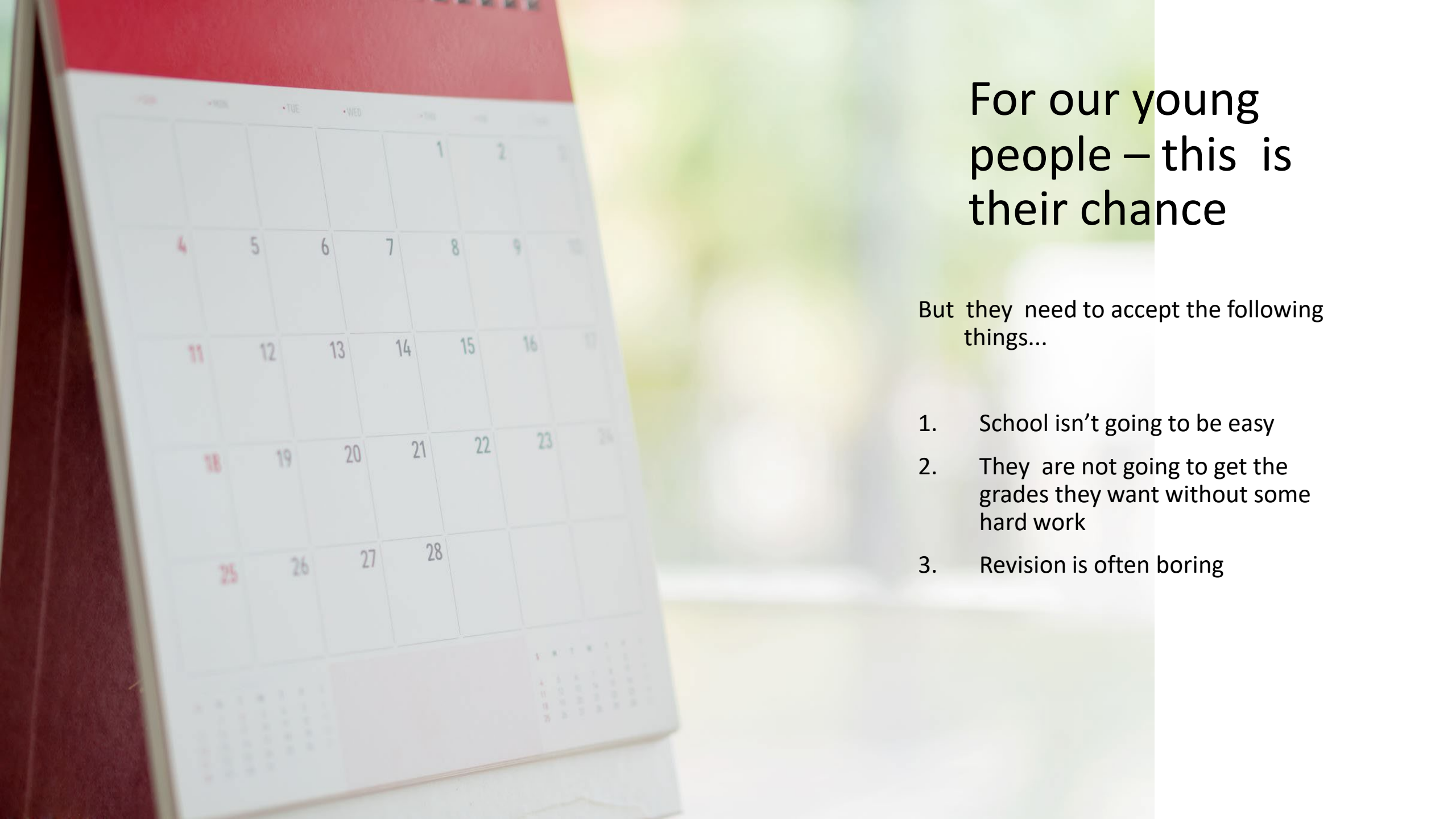
Sometimes....CAN'T NOT WON'T



- ❖ The brain is the only organ that is unfinished when we are born - 25% of final brain size
- ❖ All brain cells are there but not connected



- ❖ Two big periods of growth and change– terrible twos and the adolescent years
- ❖ Different areas of the brain develop at different times



For our young people – this is their chance

But they need to accept the following things...

1. School isn't going to be easy
2. They are not going to get the grades they want without some hard work
3. Revision is often boring

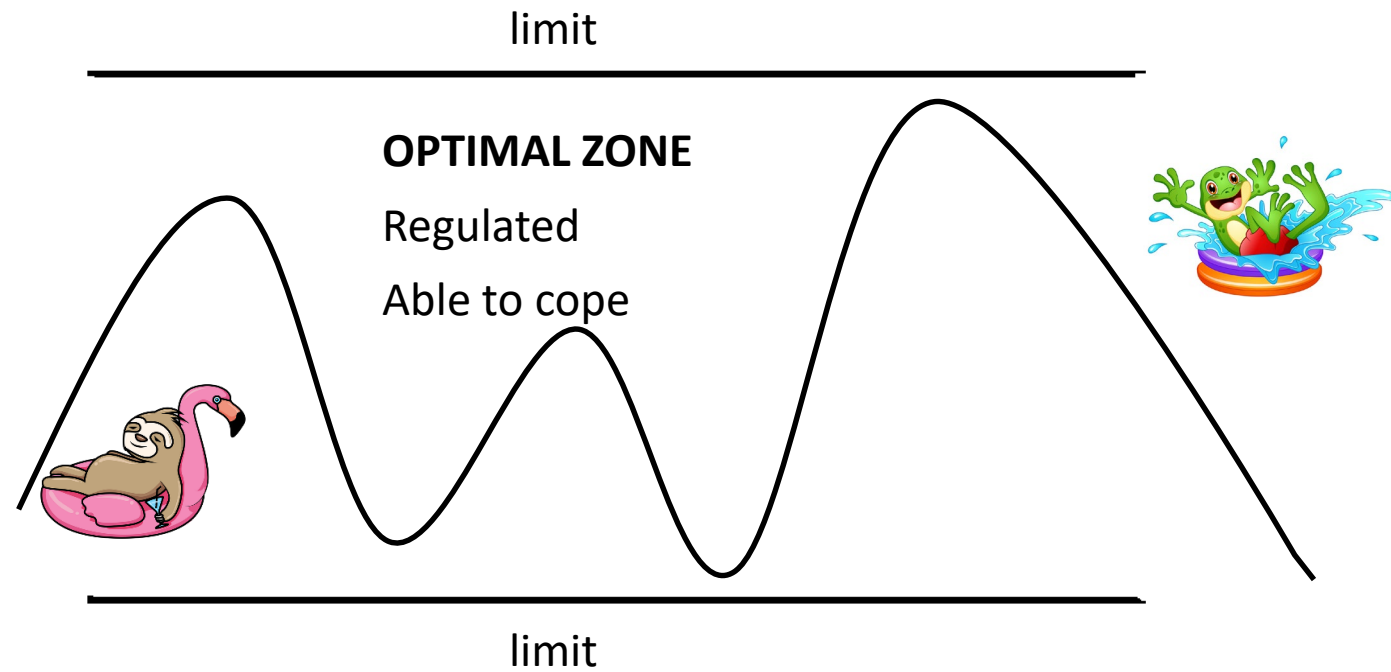
What is stress?

- Stress is the body's normal response to a challenge, threat or excitement
- We all experience stress and we all experience anxiety
- There are several factors that can cause stress.
- We're all different and we've all learnt to respond differently to situations that make us feel angry or worried or overloaded



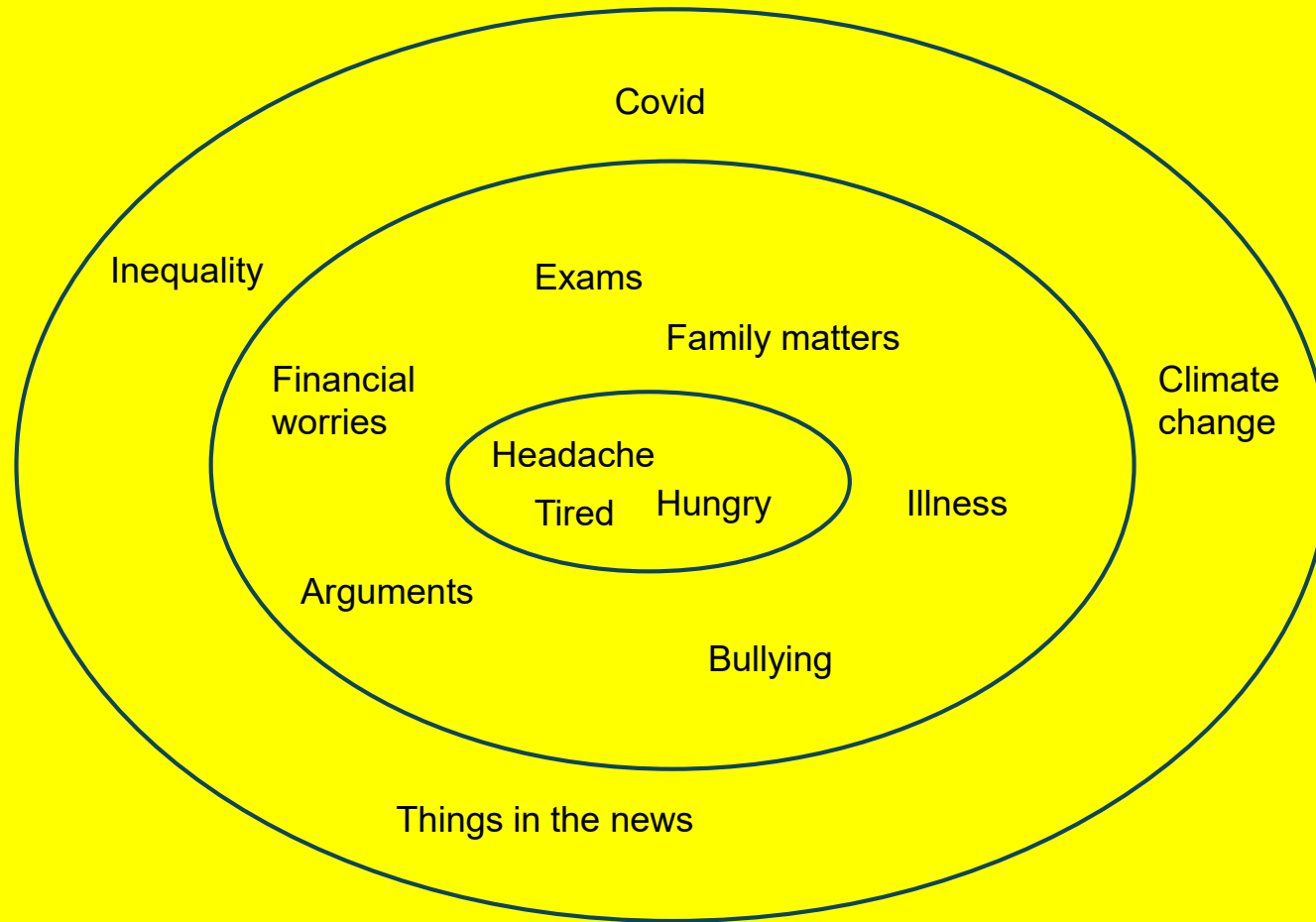
Anxiety is normal

- Everyone experiences anxiety
- We all have moments of anxiety, especially in stressful times
- A little anxiety can motivate, too much can overwhelm
- Normalize it: “It’s okay to feel nervous”
- Teen signs: avoidance, irritability, physical symptoms
- Spotting early signs helps prevent escalation



*Dan Siegel

The more we are coping with, the smaller our window of tolerance



Supporting Wellbeing at Home

- Encourage healthy sleep routines
- Promote physical activity and breaks
- Ensure balanced meals and good hydration
- Listen and talk – let them share worries
- Be a calm role model

Supporting emotional wellbeing

- Listen without judgment
- Validate feelings
- Encourage balance
- Model calm



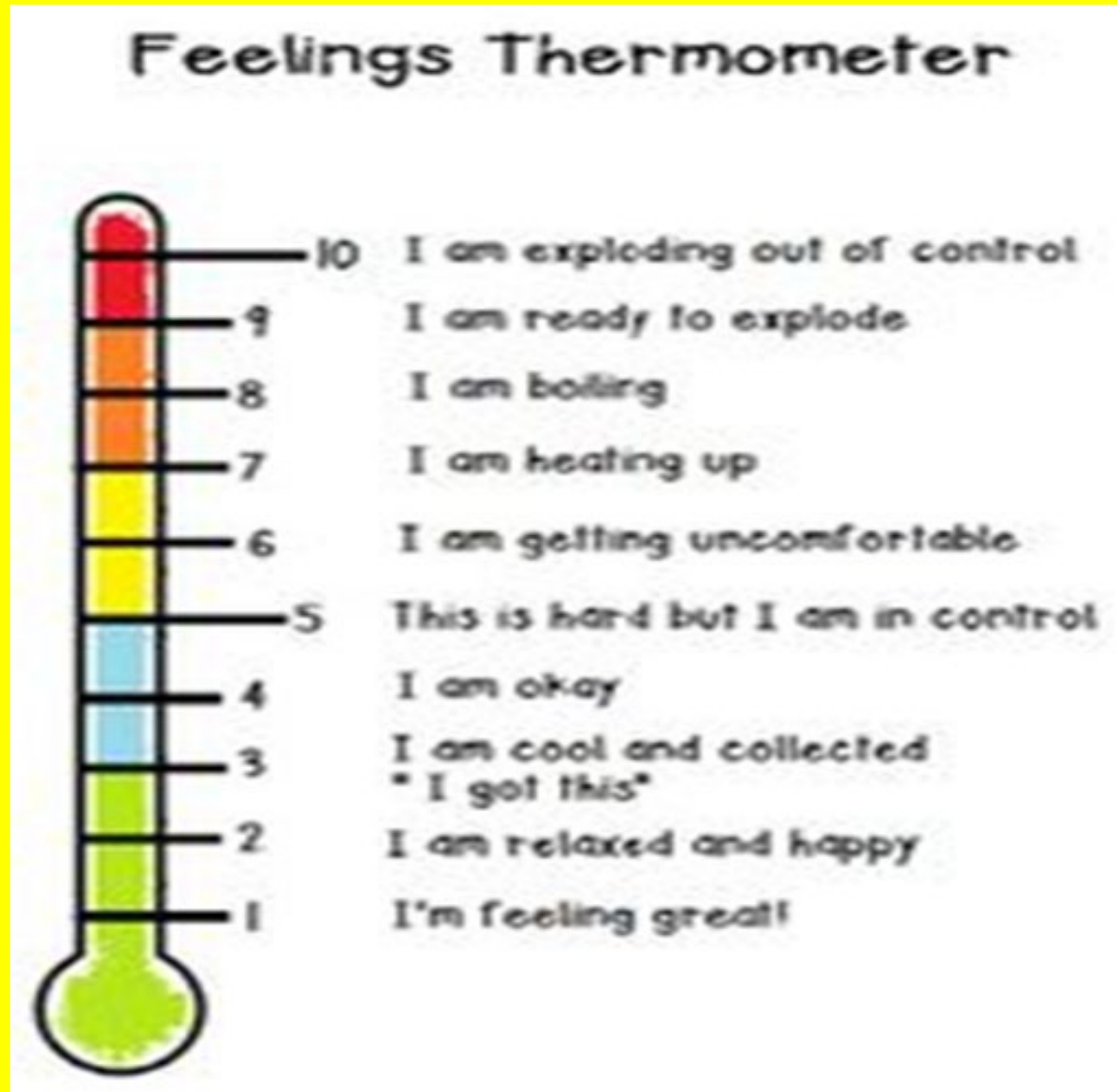
It's about
balance

Supporting a young person

- ❖ Recognise
- ❖ Respect
- ❖ Regulate
- ❖ Respond/Reason



Recognise



Respect

- The power of listening
- All feelings are valid and have worth

I'm usually done hearing people before they even finish talking because I am a fast listener.



RESPECT

INSTEAD OF....

You were doing so well, don't spoil it now

Big sighs/eye rolls

Why didn't you....?

That's what happens when....

You don't know you're born

It's just your hormones

If I'd had your chances

But you can do this so just get on with it

In my day.....

Don't worry, it will be fine...

Come on, don't cry...

TRY.....

You seem.....

I see

Mmmm...

Oh?

Go on....

That sounds.....

I'm hearing that.....

You wish that.....

What to say when they are struggling

- “I’m here for you”
- “Let’s figure this out together”
- “One small step today”
- “You’ve done hard things before”

REGULATE

What do you need?

What can I do to help?



RESPOND

- ❖ Choose your battles
- ❖ Collaborative problem solving
- ❖ Encourage them to put together a Mental Health “first aid” box
- ❖ Practise when regulated
- ❖ Look at lifestyle & environment



Helping with tests and exams

- Plan with calendars and timetables
- Create a study-friendly space
- Focus on effort
- Celebrate progress
- Encourage practice papers and revision techniques
- Praise effort as well as results
- Offer encouragement

A pair of black-rimmed glasses is resting on a stack of books. A red bookmark is visible between the pages of the top book. The background is softly blurred, showing more books and a wooden surface.

Healthy habits

- Get into good habits
 - ✓ Routines for study
 - ✓ Exercise and fresh air - keep active
 - ✓ Eat healthily
 - ✓ Drink lots of water – hydration
 - ✓ Time to relax – baking? colouring? watching a TV show? Football? a creative activity?

Managing Stress & Anxiety

- Teach simple relaxation techniques (breathing, mindfulness)
- Encourage exercise and outdoor time
- Break down work into small steps
- Keep exams in perspective – they're important but not everything
- Seek school or professional help if anxiety becomes overwhelming

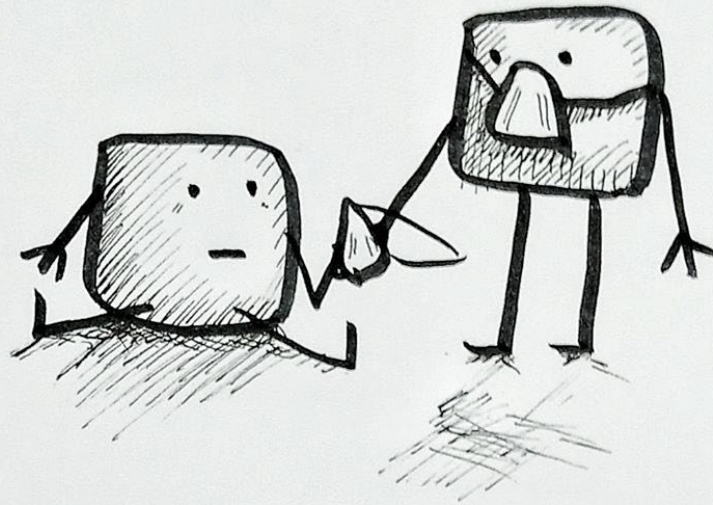
Stress management

- Breathing techniques
- Mindfulness apps
- Movement breaks
- Time out
- Positive routines

Your Role as a Parent

- Be supportive, calm and reassuring
- Help balance revision with relaxation
- Celebrate progress, not just grades
- Partner with teachers when needed
- Remind your child: feeling anxious is normal and they're not alone

put your own
oxygen mask
on first



ANXIOUSLITTLEMONSTERS

Model Healthy coping

- Show your child how you manage stress
- Talk openly about challenges and about resilience

A glass bottle with a cork is floating in the ocean. The bottle is tilted, and its reflection is visible in the water. The background shows a blue sky with white clouds. The text "Things that can help" is overlaid in white, sans-serif font across the middle of the image.

Things that can help



Relaxation

- What do our young people find relaxing?
- Is it dancing, art, meditation, fishing, going for a walk with friends, reading a book, listening to music, shopping, a gym work out, talking to a friend or playing sport?
- Think about things they can do that relax and find ways to build them into your weekly routine. This is a way both to prevent stress and to deal with stress.

Positive Self Talk- Would you talk to your best friend like you talk to yourself?



- We let other people's words influence how we're feeling. Words are so powerful and can have huge impact on our emotions and actions.
- Our mind has 2 parts conscious and subconscious and the subconscious mind will do what the conscious mind tells us.
- Try 'having a word with yourself', say, 'I can'. You might not initially believe the positive things you're saying/thinking/writing but you ARE going to be in a better frame of mind to perform well than if you say nothing or listen to negative messages.
- Positive Self Talk helps you tap into your inner strengths. We all have inner strengths. It's about using your mind in the way you want to help yourself. It helps us to decide how we'll react to stress. When we do the opposite (negative thinking) we create more stress for ourselves.

A large, light blue puzzle piece is centered on a bright yellow background. The puzzle piece has a complex shape with several interlocking tabs and blanks. The word "Talking" is written in white on the left side of the piece, and a bulleted list is on the right. The lighting creates soft shadows on the yellow surface.

Talking

- Don't keep things bottled up. Confiding in someone you trust and who will be supportive is a great way of alleviating stress and worry.
- Avenues of support
 - ✓ At home
 - ✓ In school



Friends

- Sometimes anxiety needs to be placed in quarantine when seriously anxious people get together, they can act as an amplifier and get jointly more frightened.
- Are some friends more helpful at some times than others?
Encourage the child to recognise that themselves.

When to seek extra support

- Persistent anxiety = time to act
- School pastoral team
- GP or mental health services
- Youth counselling

Final thoughts

- Your support is powerful-Parents can make a big difference with support and encouragement
- You don't need all the answers
- Team work – parent+ child+ school
- Help them thrive—and care for yourself too
- Balance, perspective and reassurance