STRESS AND ITS EFFECTS

Here are different ways to combat stress with your students

According to the NHS, stress for students is a natural feeling that allows us to face challenging situations. When students are overstressed they can experience academic problems and mental health issues.

Signs that you might be stressed:

NHS

- Irritable
- Anxious
- Worried all the time
- Biting of nails
- Sleeping problems

Things to do to help with your stress

Mayo Clinic

- Exercising
- Reading a book
- Deep breathing
- Journaling
- Sleeping
- Spending time with loved ones

Stress relief for Kids: techniques

Bubble Bounce: Mindful breathing

Rainbow Relaxation: Mindful breathing

"A child can't think logically when they are anxious, and they definitely can't learn. Helping them calm has to be the priority."
Krysten Taprell