



Coffee Afternoon Autumn Term 2021

Understanding and managing your young person's Anxiety – the build up to, during and beyond exams

Make Sure they are Healthy

- ✓ Sleep: Make sure they have enough hours of sleep, be aware of signs of insomnia, be aware of them having difficulties settling to sleep (Blue light from mobile phones/TV/electrical devices can delay sleep hormones by up to an hour)
- ✓ Eat: Make sure they have 3 meals a day and gain enough nutrients from having a diverse diet.
- ✓ Physical Health: Notice any signs of panic – fast heart beats, feeling unsettled, feeling dizzy or sick, butterflies in their stomach.

Recognise Changes in Moods, Anxiety and Stress Levels

- ✓ Mood: It is helpful to ask how do they feel and what they find difficult at that moment, try to engage in connected conversations.
- ✓ Stress and Anxiety Level: It would be helpful to use a 0-10 scale to check in with your young person. Create a scale together (you do one and they do one) so that you can understand each other's stress levels.

Time to Chat

- ✓ Communication and family time: Encourage Supportive Family Communication and Relaxing Family Time.
- ✓ Encourage your child to talk about their feelings, worries, anxiety and stress
 - Are you feeling stressed/worried?
 - How do you feel? (0-10)
 - Do you need any help?
 - Let's go out and have a walk
- ✓ Be aware that your own anxiety can transfer to your children; be confident that they can manage the difficulties and challenges
- ✓ Work out Problem-Solving Strategies together
- ✓ Be aware of the family stress level

Managing Expectations (Parents and Young People)

- ✓ Young people might put a lot of pressure on themselves to do their best. It would be helpful to reassure them of your love and support and emphasize that failure to achieve the grade they expect is not the end of the journey.
- ✓ Encourage realistic thinking and avoid negative thought patterns.
- ✓ Relaxation, Mindfulness and Soothing Strategies
- ✓ Family day out/go out for a walk/go to the gym, swimming, running/ watch TV shows or movies
- ✓ Yoga/Origami/Meditation (listen to meditation and Mindfulness clips)
- ✓ Listen to Music/Take a bubble bath/bake cupcake
- ✓ Practice Mindfulness



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Support Services:

School:

KS4 contact details

Mrs Baker – KSL Behaviour and Welfare j.baker@bluecoatschool.org.uk

Mr Fee – KSL Progress and Achievement s.fee@bluecoatschool.org.uk

KS5 contact details

Mrs Rawlins – KSL Behaviour and Welfare: j.rawlins@bluecoatschool.org.uk

Mrs Bennett – KSL Progress and Achievement: k.bennett@bluecoat.school.org.uk
welfare@bluecoatschool.org.uk (goes to key pastoral staff, SLT, Student Support)

Outside of School:

YPAS (Young People's Advisory Service) – 0151 707 1025, www.ypas.org.uk

Alder Hey Fresh CAMHS – www.freshcamhs.org

ADHD Foundation - Support to the family when one of the family have a diagnosis of ADHD -
www.adhdfoundation.org.uk

Advanced Solutions, offers support to parents/carers and young people with neurodevelopmental differences who have a diagnosis or in the process of one: www.advancedsolutions.co.uk

PSS www.psspeople.com

Barnados – Action with Young Carers www.barnados.org.uk

Merseyside Youth Association – OKUK www.mya.org.uk

Other Resources:

Revision Websites:

<https://getrevising.co.uk/>

<https://www.skillsyouneed.com/learn/study-skills.html>

<https://positivelymad.com/Resources/Students>

Supporting Anxiety:

Kooth www.kooth.com - online counselling support to Young People

YoungMinds Crisis Messenger, Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis. If you need urgent help text YM to 85258 All texts are answered by trained volunteers, with support from experienced clinical supervisors

Samaritans www.samaritans.org If you're in distress and need support, you can ring Samaritans for free at any time of the day or night. Freephone (UK and Republic of Ireland): 116 123 (24 hours), Email: jo@samaritans.org

Childline www.childline.org.uk If you're under 19 you can confidentially call, email, or chat online about any problem big or small, Freephone 24h helpline: 0800 1111, sign up for a free account on the website to be able to message a counsellor anytime without using your email address – Chat 1 to 1 with an advisor

www.themix.org.uk If you're under 25 you can talk to The Mix for free on the phone, by email or on their webchat.

You can also use their phone counselling service, or get more information on support services you might need. Freephone: 0808 808 4994 (13:00-23:00 daily)

www.youngminds.org.uk Support for parents/carers and young People in relation to mental health

www.voicecollective.co.uk Support to children/Young People who hear voices, sees visions or have unusual sensory experiences.

www.mya.org.uk Support to Young People information, advice and guidance support

www.moodjuice.scot.nhs.uk Self Help website to Young People with depression, anxiety, anger, panic, stress, bereavement, phobias, traumatic stress, sleep problems, obsession & compulsions

www.anxietybc.com self-help website for young people and parents/ carers to support with anxiety

www.getselfhelp.co.uk Self-help website for ADHD, anger, anxiety, pain, suicidal thoughts, depression, flashbacks, self-esteem, OCD, panic, problem solving, psychosis, relationships, stress,

www.selfharm.co.uk Support for young people who self-harm

www.liverpoolcamhs.com/websites-apps - recommended mobile apps to help manage stress and anxiety