

REVISION - Felt like this yet?



The logo for ChildLine, featuring the word "ChildLine" in a bold, black, sans-serif font inside a white speech bubble with a green outline. Below the speech bubble is the phone number "0800 1111" in a smaller, bold, black font, also inside a white speech bubble with a green outline. To the right of the phone number is a small icon of a smiling face inside a speech bubble.

ChildLine

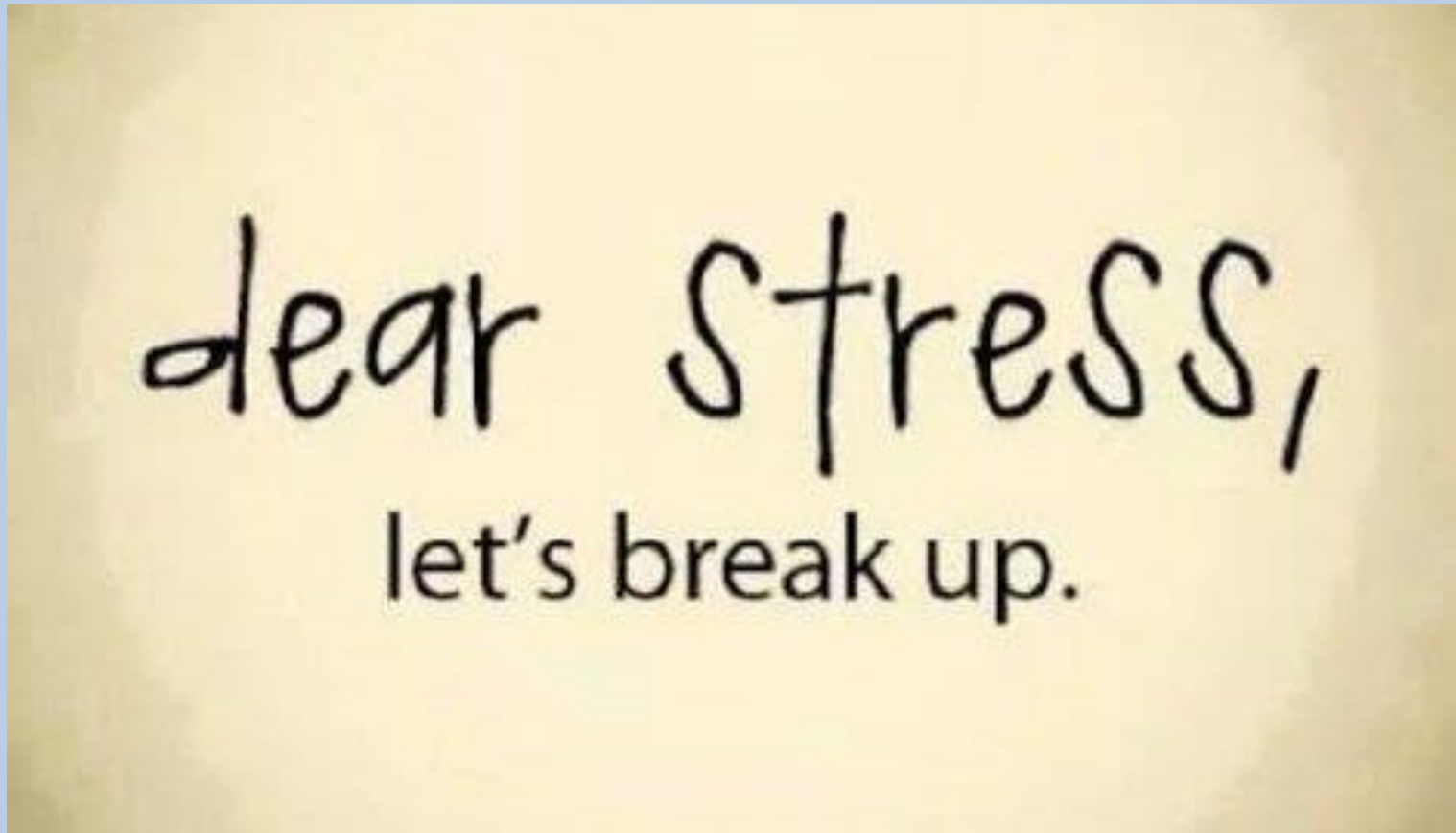
0800 1111



The ChildLine National Exam Stress Survey revealed that:

- 96% of students **feel anxious** about exams (no matter what your friends say they ARE stressed too),
- 59% of students feel **pressure from family**,
- 64% of students would like **more support** with exams and exam stress.

Exam anxiety and stress is NORMAL...



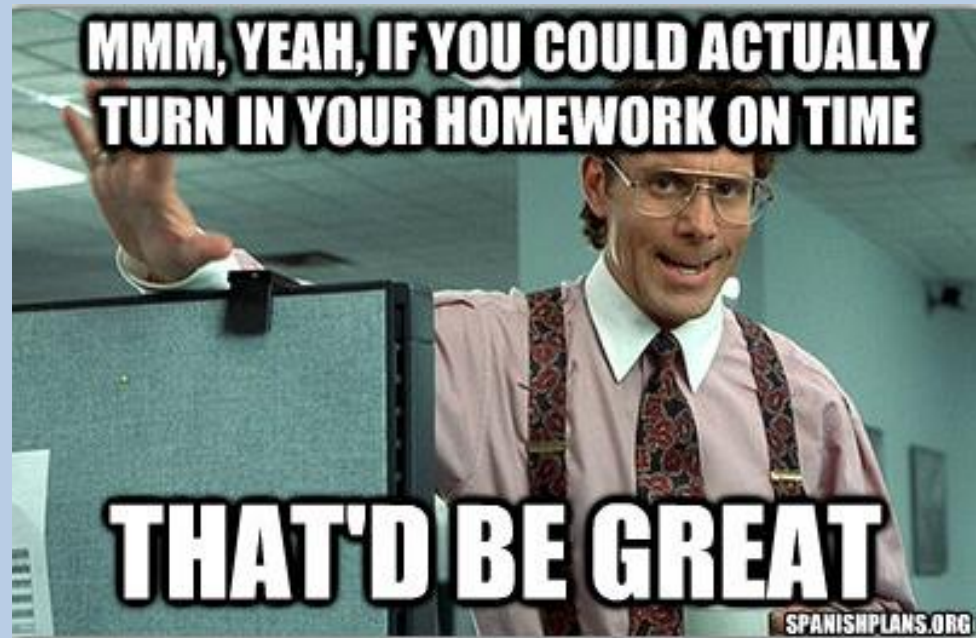
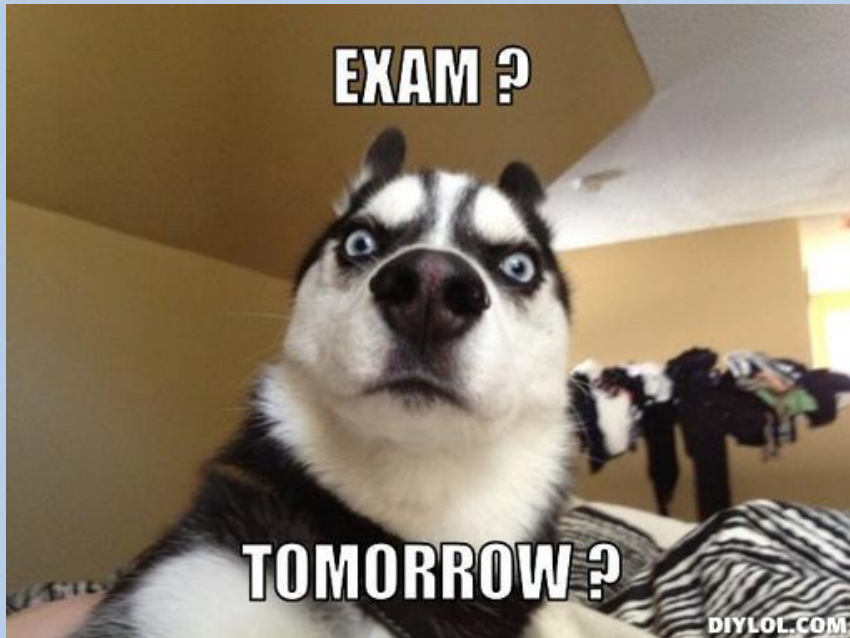
Don't worry over your worry. That just adds to your stress, take power and be proactive...

You ARE in control!

The best way to deal with stress is to feel in **control!**

One way of dealing with stress is removing the thing that causes you stress. However, that is not always possible.

We all have different things that cause us stress:



Don't forget - If you are **still trying** you ARE coping...

Remember that you
are not alone

Gentle exercise

Picture your success

Exams are not the be
all and end all

Get enough sleep

Diet



A productive environment

You ARE Stronger than you feel!

Are you being SMART?

Specific

Set actual topics – revise things one at a time.

Measurable

Split revision into short 20 minute session – set a time scale and reward yourself.

Action

Actually have fun with your revision. DO different things.

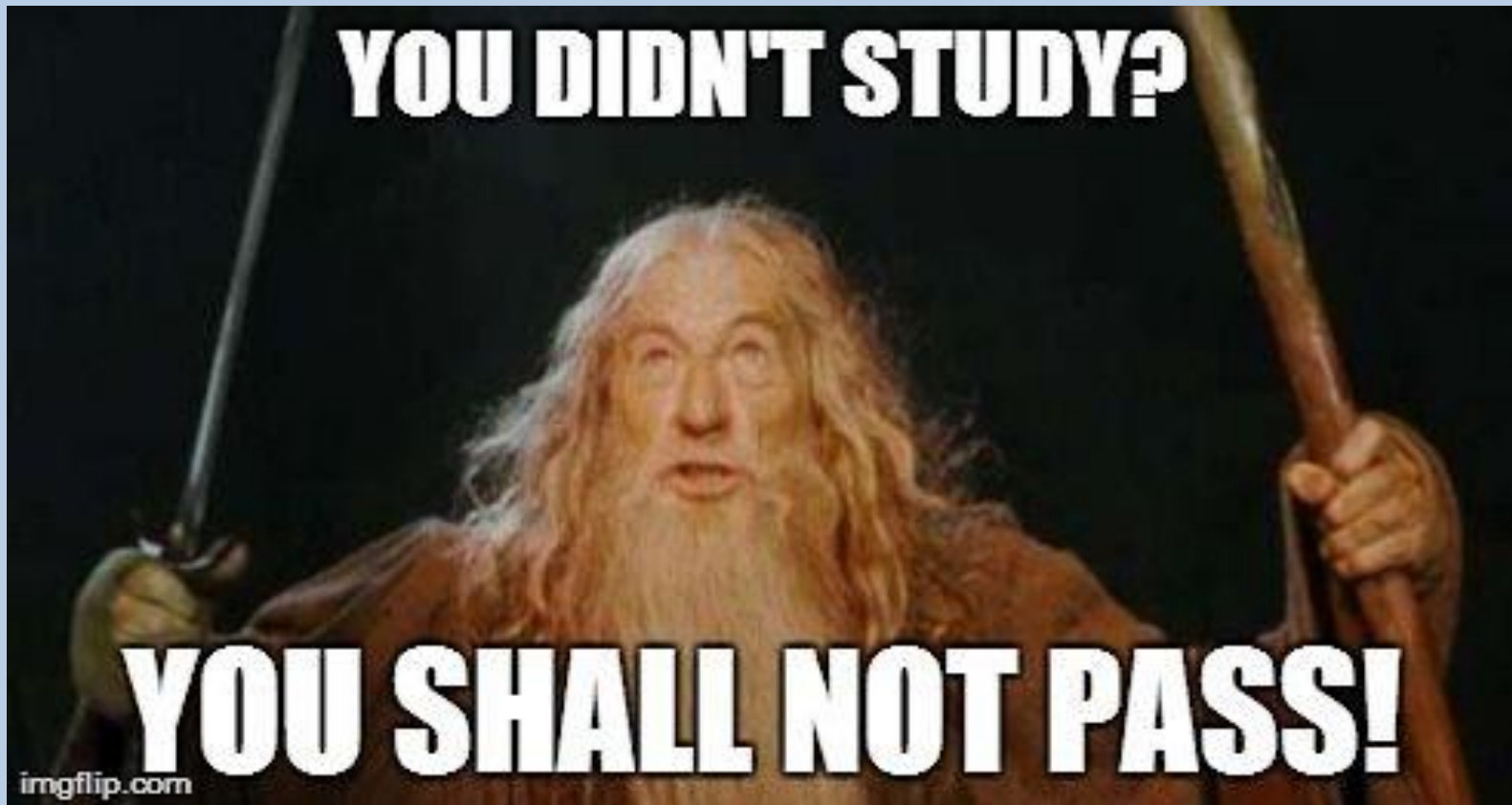
Realistic

There is not point setting goals you know you wont follow. Balance revision with relaxing.

Time

Study takes time. Give yourself enough.

BUT remember:



They will be over soon...



Emotional and Wellbeing Support Team



Swale MHST



Felicia Towobola
(Trainee EWP)



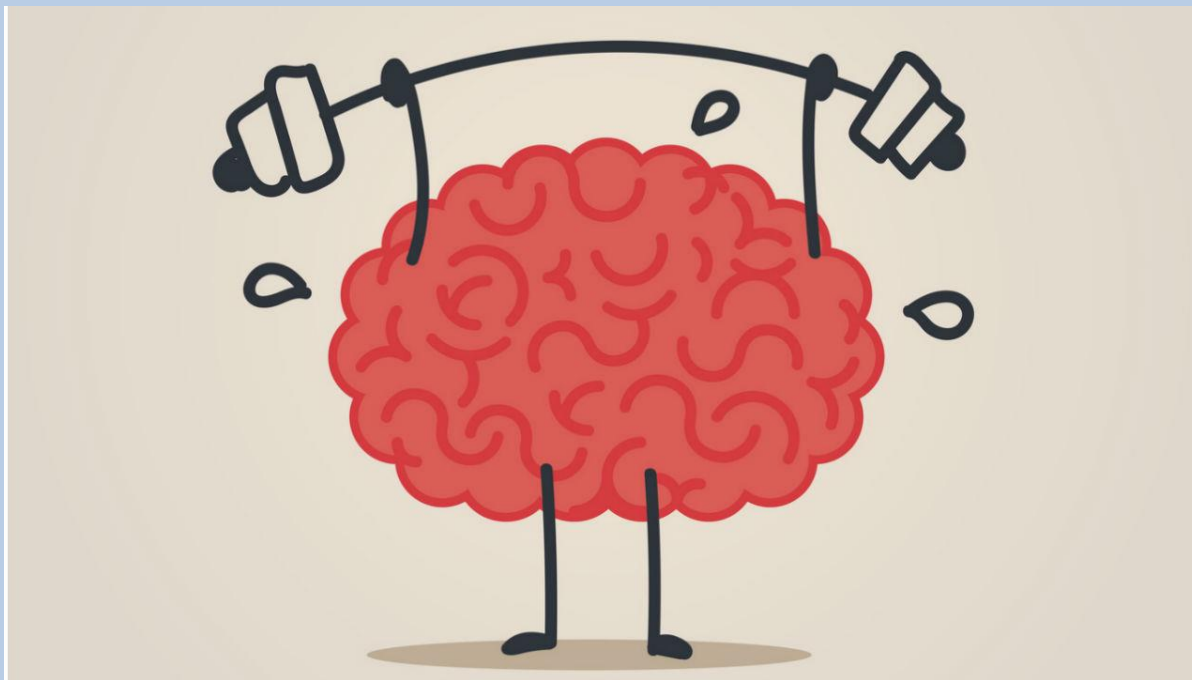
Kiera Mattos
(Trainee EWP)



Laetitia Rater
(CBT trainee)

What is mental health?

We all have mental health



If you are interested...

Mental Health Support Team Request for Support: Young Person

Section 1 My Details		
Preferred name: <small>(Last name)</small>	<small>(First Name)</small>	M <input type="checkbox"/> F <input type="checkbox"/> Other <input type="checkbox"/> Date of Birth:
Name of School/College:		Other:
Year:		
Name of preferred staff contact at school:		
Contact number:	Home Language:	
Date form completed:	Interpreter required: <input type="checkbox"/> Yes <input type="checkbox"/> No Specify which language:	
Section 2 Which course are you interested in? (please tick one box only)		
<input type="checkbox"/> I would like support with low mood (e.g. sadness, feeling unmotivated, low self-esteem, frustration)	<input type="checkbox"/> I would like support with anxiety/worry (e.g. feeling stressed, worries about family or friends)	<input type="checkbox"/> I am interested, but would like more information first. Please can I receive a telephone call/meet with you to find out if this is right for me
<input type="checkbox"/> I am not interested in a one-to-one course but would like to make some suggestions of support that the mental health support team could offer in my school:	<input type="checkbox"/> I am interested in: [Insert name of group being offered in your school by the MHST]	



