

Stress Awareness Month

Student and Parent/Carer Bulletin – April 2026

We have rebranded as West London Mind (WL Mind).

All our services remain the same – but our website is now www.wlmind.org.uk



Stress Management Society runs **Stress Awareness Month** every April.

This year's theme **#BeTheChange** reminds us that we have the power to look after our wellbeing and reduce our own stress levels by making small changes.

Stress is a normal and important reaction to feeling scared or under pressure. It activates our **Fight, Flight, Freeze** responses to keep us safe.

[Click the pic to watch a video explaining the 3 Fs!](#)



Stress can energise us and increase our focus, helping us in pressured situations like joining a new school, competing in sports, or doing exams.

However, if we feel stressed over a long time, we can develop mental health problems like anxiety or depression. So, it's important to notice when we are stressed and find ways to reduce our stress levels.

How does stress affect you personally?



People experience stress in many different ways, so it can sometimes be difficult to recognise in ourselves. Make a list of how stress affects **your** body and mind – here are some examples...

Body: headaches, tummy problems, difficulty sleeping, clenched jaw, crying, shouting, hitting things, hurting ourselves

Emotions: irritable, no interest in our usual hobbies, lonely, anxious, overwhelmed, impatient, sad

What things help to reduce your stress levels?

Make a list or drawing of all the things that help you feel better when you're stressed. Keeping a reminder on your wall or phone means you don't need to think up new coping techniques next time you're feeling panicked – just choose something off your list! You can [click on the pic](#) to download a 'stress bucket' poster to add your list to.

Here are some stress-busting ideas you might like to use...

Dancing • Listening to a favourite song • Drawing • Meeting friends • Talking with a family member • Having a cry • Playing sports • Reading

Try not to rely on tech as a stress-buster. Online games and social media can actually increase stress levels, so it's important to have offline interests too.



You're never on your own.

If you're struggling with difficult emotions, speak to a teacher, parent or carer.

They can refer you to our support services through your school.

You can also call Childline: 0800 1111 (free, confidential, 24/7)