

April is **Stress Awareness Month**. Managing stress can be challenging for many children and young people. Below you can find advice and resources to help you manage stress.



Click to watch a My Mind TV video on stress buckets and how they can help.



Click to watch a My Mind TV video on grounding techniques to manage stress.

Plan your day

Using a calendar or planning app to help keep track of daily activities, tests, assignments and fun activities can help lower stress.

Ask for help when you need it

If you are concerned about your stress levels and it starts to impact different areas of life, it might be a good idea to speak to a parent or teacher about getting some help.

Develop interest and hobbies

Spending time on things that you are interested in and hobbies can help distract you from stress situations and lower stress levels.

The Mental Health Support Team supports children and young people and parents/carers to think about mental health and wellbeing.



We provide a telephone drop in service where you can speak to one of our team about your mental health and wellbeing
Please note, this is not a counselling service

Click the link below or scan the code to schedule a call:
[Mental Health Support Team Telephone Drop In Service](#)

For blog posts, and to learn more about the support we offer, visit our website: www.hfemind.org.uk