

Stress can significantly impact the way we think, feel and act every day. Every April, **Stress Awareness Month** encourages us to reflect on how stress impacts us, what it may be caused by and to explore coping strategies.

What causes stress? Sometimes, lots of 'small things' can build up and cause us to feel overwhelmed. Take the time each day to acknowledge or plan for potentially stressful events. Do whatever you can to relax each day or [learn new coping strategies](#) to support yourself or your family.

How can I support my child?

1. Ask how they are feeling and listen actively.
2. Support them with healthy sleeping and eating habits.
3. Look after yourself!
4. Practice relaxation with them.



The Five Ways to Wellbeing offers simple steps towards relieving stress and improving mental health, which you can practice each day and share with your child. Click [here](#) to learn more about this.



Practicing **mindfulness** helps to bring us into the present moment and distract ourselves from stressful thoughts. Click [here](#) to practice mindful breathing, or learn about the 5,4,3,2,1 grounding technique [here](#).

The Mental Health Support Team offer monthly, free webinars on a variety of mental health and wellbeing topics, for you and students that you support.

Wednesday X April
7pm – 8pm

[Click here to register](#)
or use the QR code



This month's
webinar will be
on Stress
Management

For blog posts, and to learn more about the support we offer, visit [our website](#).