

Stress Awareness Month toolkit

Stress is something we will all experience in our lives. At the moment in particular, as we welcome students back to school, we are all acutely aware of its impact on our lives.

However, there are any number of reasons why we may feel under pressure at different times. This pressure can sometimes be helpful, keeping us focused and helping us complete tasks.

However, stress becomes a problem when we are unable to cope with these pressures and become overwhelmed.

In our recent [survey of young people](#), we found that the top three factors which have a negative impact on their mental health are schoolwork, exams and family. We know that school staff also face many different pressures at work, and juggling priorities can cause significant stress.

April is Stress Awareness Month, and here we have collected together a number of resources for students and staff, to help you and the young people you teach manage and cope when stress becomes overwhelming.

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Resources for students

Advice on managing stress at important moments video – Anna Freud Centre

If your students are struggling with their stress levels around important moments in the school calendar, like exams or university applications, they can watch this video to learn strategies for managing their emotions.

Go to resource



Young people's wellbeing guide for stressful situations – Children's Society

A guide for young people, by young people, about coping with stressful situations and advice on how to manage them. The guide was compiled during the 2020 coronavirus lockdown, so it includes useful information about dealing with issues caused by the pandemic too.

Go to resource



Exam stress advice booklet for students – Student Minds

This booklet offers practical tips and advice for students on coping with exam stress and feelings of worry around exam time.

Go to resource



Catch it, check it, challenge it, change it: CBT technique – Oxford Health

This worksheet draws on cognitive behavioural therapy (CBT) techniques to help young people manage anxious or stressful feelings.

Go to resource



Online stress lesson plan and PPT – Public Health England

In this lesson from Public Health England, students will explore the impact of using social media and the stresses it can cause.

Go to resource



RSHE lessons for Key Stage 4: healthy and unhealthy coping strategies – PSHE Association

These comprehensive lesson plans explore healthy vs unhealthy coping strategies, helping students learn about a range of strategies for managing difficult emotions.

Go to resource



Resources for staff

ABC model to manage teacher stress – Education Support

A useful tool for school staff to help deal with stressful situations. Understanding what causes us stress and taking action to manage our stress levels is a key part of looking after our wellbeing.

Go to resource



Interactive stress container – MHFA England

This stress container tool can help us understand how we experience stress, recognise the stressors in our lives, and learn how to address our stress levels.

Go to resource



Example risk assessment on work-related stress – Health & Safety Executive

A risk assessment template and example risk assessments, including one at a further education college, demonstrating how leaders can tackle stress in their workplaces.

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