



# Year 11 Well-Being

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# So, What is Different About Year 11?



Regardless of a student's experience of school, after five years, it is time to move on.



This is a huge change for every individual student. Important decisions have been made, socially, environmentally and academically.



Friendship groups will change and there can be worry over making new friends.



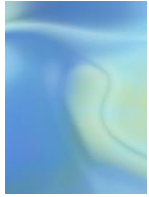
Students will need to settle into a new place of learning or work.



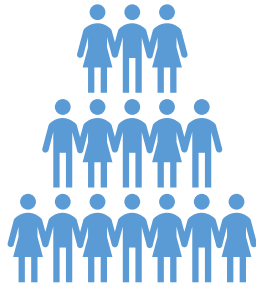
After approximately 4,500 lessons at LVC, all that learning will be tested and summarised in one brown envelope in August.



When you consider all these factors, Year 11 is, for many, highly stressful.



# What is Stress?



The World Health Organisation (WHO) defines stress as “the reaction people may have when presented with demands and pressures that are not matched to their knowledge and abilities and which challenge their ability to cope.”



Stress can feel like you are stuck. Your head is full, there is too much to think about, seemingly impossible things to achieve and not enough time.



It can feel overwhelming and leave us unsure what to do next... so we do nothing, or panic!

# How Would I recognise stress?

Experiencing stressful times is a part of life, but the amount of stress and how you manage it depends, not only on the event, but also your ability to cope under pressure.

Some stress can be helpful, for example, motivating you to revise, but sometimes stress can feel overwhelming and then become problematic.

Stress can affect how we feel in everyday life, for example, our mood, sense of humour and not wanting to take part in things we normally enjoy. There are ways to manage stress and support is available.

Stress can have physical and emotional implications. These will be discussed during this presentation in more detail.

# How do we know when to worry about stress levels?



When stress levels are high, we may experience **physical symptoms**. These symptoms could include; headaches, rapid heartbeat, palpitation, sweating, muscle tensions or pain in different parts of the body. Some people may experience issues with their digestive system. These are only few symptoms, and they vary from person to person.



Our stress level can have an impact on **how we feel**. Being under large amount of stress can leave us feeling overwhelmed, moody and agitated. The thought of performing well, not having enough time and worrying about the outcome could make us feel helpless and low.



When stress levels are high, our behaviour can change. Isolation and withdrawal from social activities could be an indicator of not being able to cope. Increased stress levels could lead to feeling angry and consequently to arguments.

# What can we do to manage stress?

Stress response is different for everybody and how we manage it is up to each individual.

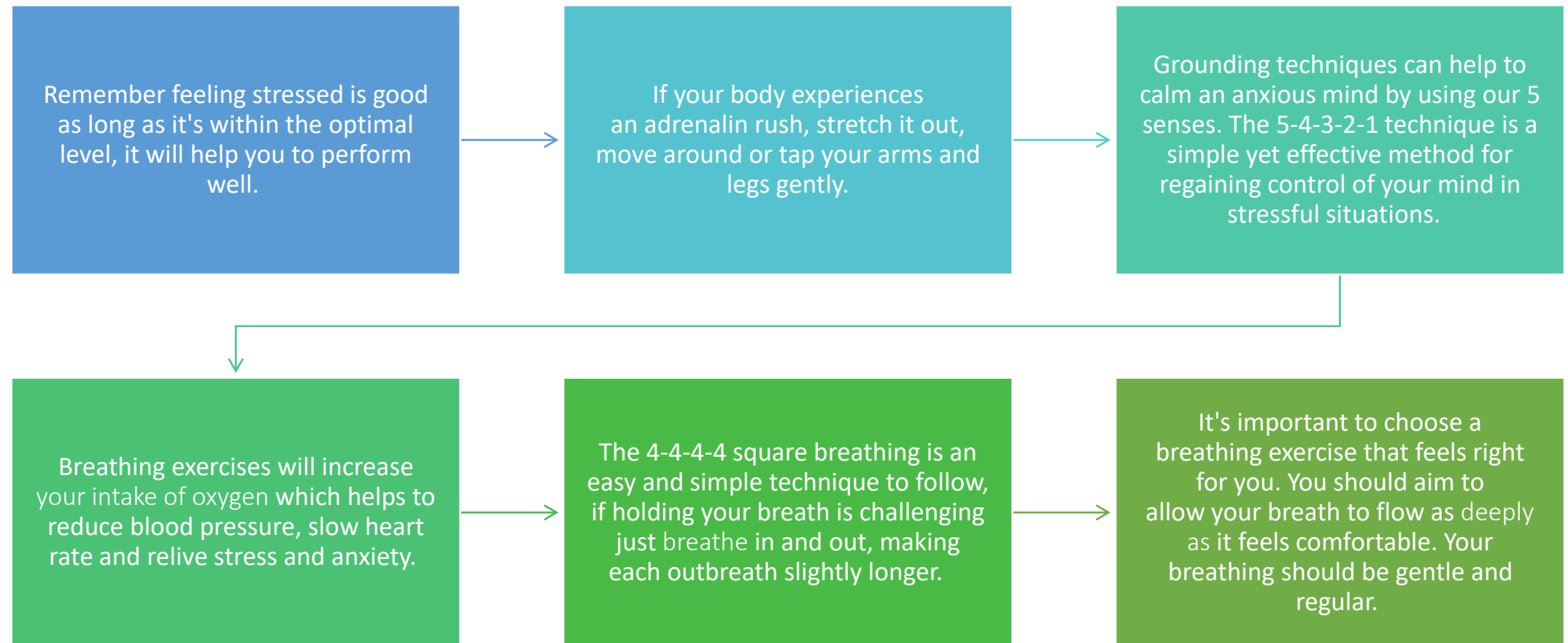
**Get active**, it doesn't matter what you do, moving around will reduce stress and anxiety. Running, dancing or just going for walks will help to reduce the body's stress hormones (adrenaline, cortisol) and exercise will also help you to sleep better.

If you prefer something gentle, **yoga**, an ancient form of meditation, can relieve chronic stress, it can relax the mind and can help with concentration. The body scan meditation, is short and if practiced regularly, you can achieve a deep level of relaxation.

**Mindfulness** techniques involve learning how to remain focused on the present situation, acknowledging what you are feeling and experiencing and managing thoughts in a rational way.

**Breathing** exercises are one of the best ways to reduce stress and anxiety. We underestimate the importance of breathing. When you get it right it makes a huge difference.

# What can you do on the day of your exam if you feel stressed or anxious?



# Physical well-being

The four main elements of physical well-being can seem obvious but are extremely important at times of stress.

These areas can easily be neglected when we are experiencing stress.

Sleep

Eating well

Drinking water

Fresh air and exercise

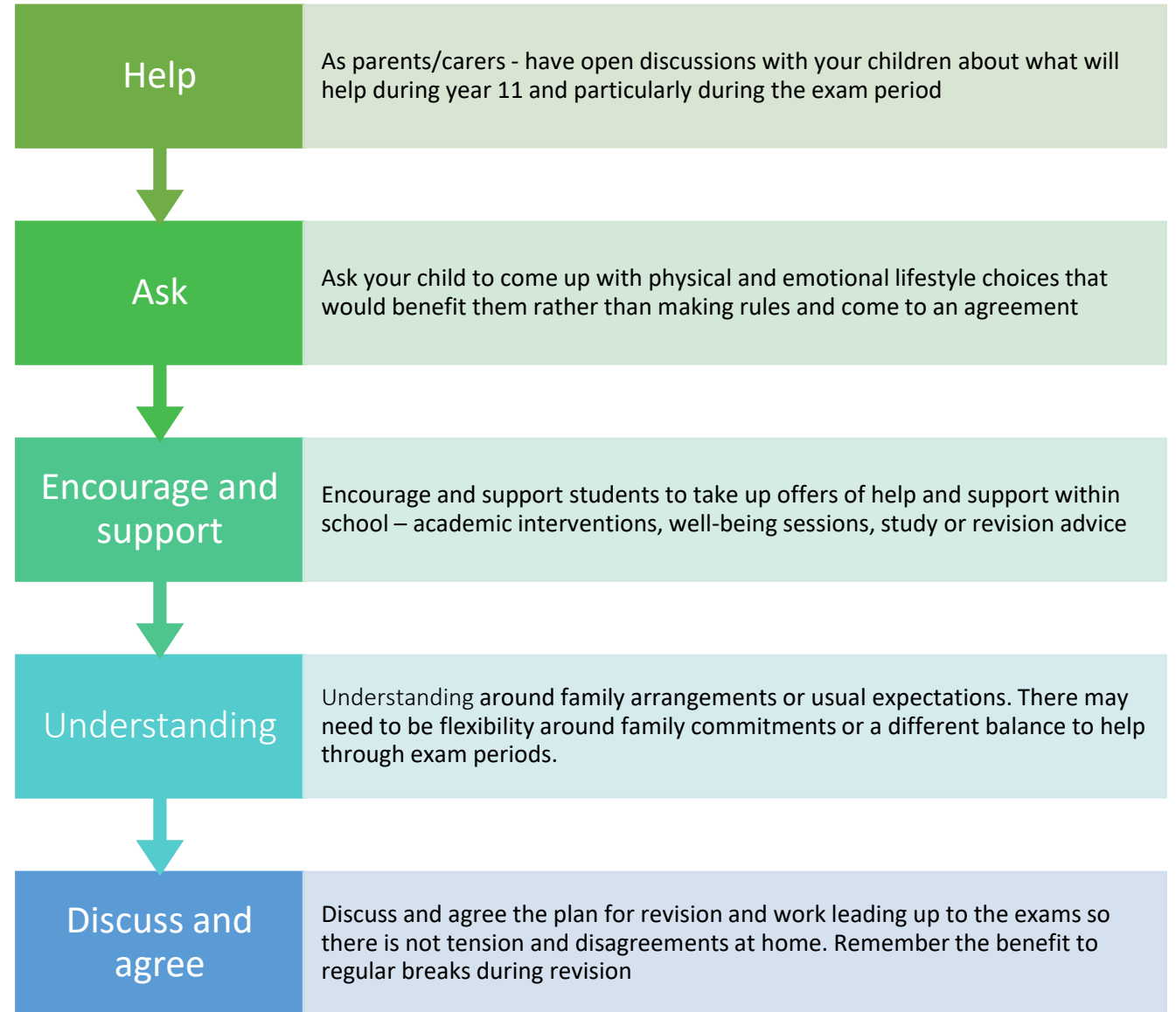


# Emotional well-being

Interaction with family and friends. This will continue to be an important aspect of your teenager's life. There needs to be a balance of this along with work and studying, this balance will differ from child to child. Encourage face to face interactions away from studying but it is important that this reduces stress so should not be something that causes tension within a family and may need understanding.

Screen time and social media. Getting the balance of this can be difficult at home particularly during exam periods but may still be important for both communication and relaxation time for your child. Agreeing on an amount of screen time or a cut off time for their well-being in the evening can help ease tension and allow them enough screen free time.

# How to support students





Thank you for  
coming.  
Any questions?