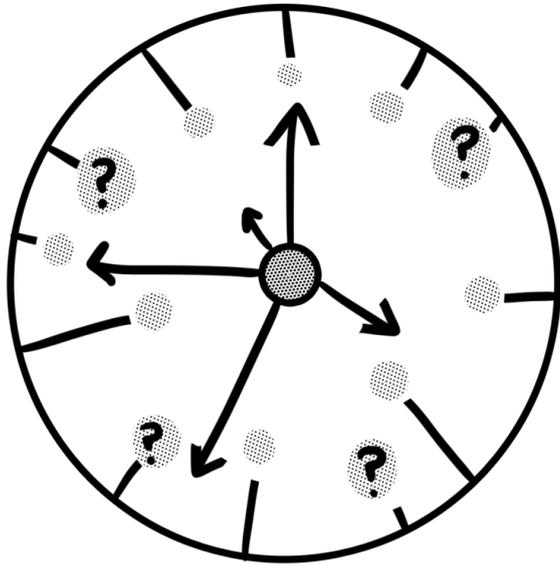
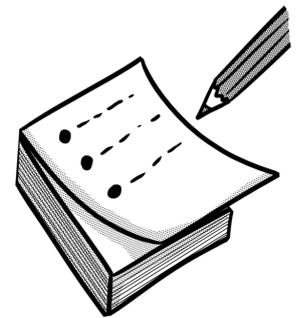


Did you know?



Increasing numbers of young people are seeking help because of exam-related stress and the pressures of doing well in their academic studies. The NSPCC has reported that there has been a sharp rise in the number of counselling sessions for 16-18 year olds, with many people worried about getting into universities and others concerned about their parents' reactions to results.

Reward effort more than grades - research shows that praising effort gets better results.



What can you do?

Your child's welfare is really important to us. Learning how to be independent at the same time as considering their own future can sometimes feel overwhelming. Here are some ways that you can help them.

- Sometimes, some quite basic things are really crucial in periods of pressure: your child's mental energy, quality of sleep, ability to rest and recover, how much physical activity they are doing, their nutrition and how they are able to handle stress.
- It is important that they develop a Growth Mindset, looking at goals, motivation, focus and self-belief and understanding that if they cannot do something at the moment, they can persevere and achieve.
- One of the key trigger points for high degrees of pressure is when students do not feel that they are in control of their work. Getting organised so that work is not last minute helps to reduce stress.
- The best way to revise is in short, manageable chunks with breaks in between.
- Although sometimes teenagers like to think they can handle very late nights, that is not what the evidence suggests. Lack of sleep will quickly lead to underperformance and feelings of stress and anxiety. Encourage them to get eight hours sleep a night.
- Research shows that high use of social media is linked to poor mental health. One recent study shows that young adults who used social media heavily were three times more likely to be depressed than occasional users. Another study discovered that young people who exceeded two hours of social media use per day were more likely to claim that their mental health was 'fair' or 'poor' than occasional users.
- Sometimes it is good to take your child out of the house for a break – go for a walk or for a drink, simply to get some fresh air. Experts say that this very simple act can make a difference to our mental health.

For support and advice, go to www.childline.org.uk