

Stress and Worries Parent Information

Primary

Stress Awareness Month 2022 will be celebrated during the month of April.

Stress Awareness Month is a great opportunity to discuss how stress can affect us and what we can do to manage stress. Click on the links below to access the website information.

Exam Stress

If you're worried about how your child is coping with exams at school, here is Young Minds advice and information on where you can get help.

Supporting your child with anxiety

If your child is struggling with worry or anxiety, Young Minds have some ways you can support them and places you can get help.

Talking to your child about feelings

If you're worried about a child, encouraging them to talk can be very helpful. Find out more on this NHS website.

Worry Box

If your child often feels worried, and it's upsetting them or making it difficult for them to think about or do other things, you can try making a worry box together.

Physical Activity can help to reduce stress and makes you feel good. Are you and your family fulfilling your Physical Activity Guidelines?

- 5-18 years
- 19+ years

Have you heard about Connect for Health?

We are the Warwickshire School Nursing Service and we support children, young people and their families in Warwickshire. We deliver key elements of the Healthy Child programme, working to identify and meet the health and wellbeing needs of the school-age population.

Find out more on our website.
www.compass-uk.org/services/c4h

