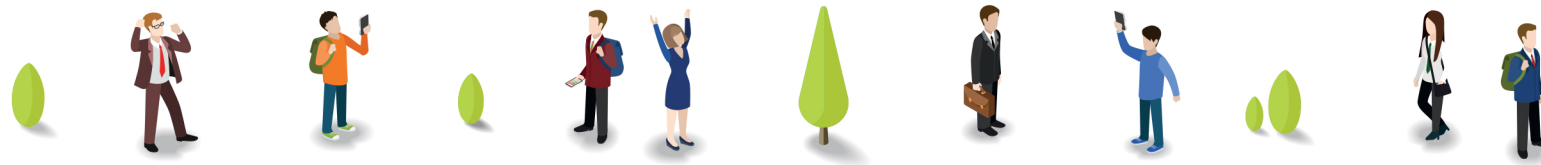




SUPPORTING STUDENTS WITH ANXIETY

Help your students stay in control with these top tips.



PINPOINT THE ISSUE

Talk to your students regularly about particular issues in order to identify what makes them anxious. Arrange to speak to parents too, ensuring strong, supportive links between home and school.



COMMUNICATE

Help your students to understand how and why people can experience anxiety. Providing accurate information can help to reduce confusion or shame.



EXERCISE

Encourage your students to increase the amount of exercise they do if they're feeling anxious. Exercise requires concentration, and this can take their mind off the issue.



ENCOURAGE COPING SKILLS

A safe place or calming activity can encourage coping skills such as deep breathing and positive self-talk.



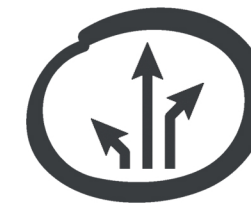
TEACH TECHNIQUES

Teach your students how to approach challenges so they are manageable. Questions such as: "What is the problem?", "What is the best way of managing this?" and "What can I do differently next time?" can be helpful.



HEALTHY EATING

Try to encourage your students to eat lots of fruit and vegetables. Too much sugar can cause dips in blood sugar, resulting in anxious feelings. They should also avoid highly caffeinated drinks.



ADVISE OF CHANGE

Let students know in advance of any changes to their day or week. Changes to a routine can trigger anxiety, so try to prepare them as much as possible.



TAKE CONTROL

They need to realise that many things are out of their control, so try and support them to look at situations from new viewpoints. Don't forget to remind students that they are in control of their responses and what they focus on.