

Stress Awareness Month

April 2023

Parent Bulletin No. 8 – April 2023

April is **Stress Awareness Month** and academic stress, in particular, can be very challenging for children and young people. Below you can find advice and resources on how to support your child if they are experiencing academic stress.



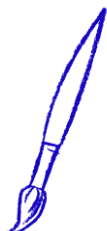
Reframing Negative Thoughts

The way we think, feel and behave are all linked and continuously affecting one another. Sometimes though we develop patterns of thoughts or behaviours that are unhelpful. Watch this [MyMindTV video](#) to learn how to challenge negative thoughts in your child.



Be Reassuring and Positive

If your child voices that they are struggling with academic stress, remind them that it is normal to feel worried about academic expectations. If they are worried about underperforming or feel that they need more help, speak with their school to learn more about any available support.



Get Creative

Creative outlets are a great way to lower academic stress levels as they can give your child an opportunity to express themselves. Examples of activities they can do include painting, journaling, or cooking.

Click [here](#) to watch a MyMindTV video on how to provide emotional support to your child. Read more about causes of stress and signs to look out for [here](#).

The Mental Health Support Team supports school staff, children and parents/carers to think about mental health and wellbeing.



We provide a **telephone drop in service** where you can speak to one of our team about your child's mental health and wellbeing.
Please note, this is not a counselling service

Click the link below or scan the code to schedule a call:
[Mental Health Support Team Telephone Drop In Service](#)

For blog posts, and to learn more about the support we offer, visit our websites: www.hfehmind.org.uk