



Stress awareness month

APRIL



What is
stress?

What can you do to manage stress?



We all need a level of stress
in our lives to protect us
and the people around us.



What can we do to help
ourselves?



YOUR CURRENT STATE OF
HAPPINESS IS INFLUENCED
BY 4 CHEMICALS IN
YOUR BRAIN...

DOPAMINE
OXYTOCIN
SERATONIN
AND
ENDORPHINS



TO
KEEP
UP YOURS OF
LEVELS OF
DOPAMINE
GET PLENTY
OF SLEEP -
WORK ON
A BEDTIME
ROUTINE,
AND...



WAYS TO GET YOUR OXYTOCIN

HUG
YOUR
FRIENDS.



DO
YOGA.
PET A
DOG.



LISTEN
TO MUSIC.



YOUR
SERATONIN

COMES FROM
GETTING
OUT IN THE
SUN - AND -
EATING
A
VARIED
DIET



AND
GET YOUR

ENDORPHINS

· EXERCISE ·
· LISTEN TO
MUSIC ·

· EAT
SPICY
FOOD ·

· DANCE ·
· LAUGH ·

· EAT
DARK
CHOCOLATE ·
· WATCH A
SCARY
FILM ·



Where do I go if?

- Know who is your go to member of staff and have a back up. Try to name 5 members of the staff team you could talk to.
- Every person has a different person that they feel comfortable with.
- The kindness box in the library is a confidential resource for you to use if you need help.
- The yellow door room.
- Writing a statement if it is a behaviour or safeguarding issue.
- The safeguarding team at the end of the science corridor.
- School nurse drop ins Wednesday lunchtime in the yellow door room.
- Talk to a member of the school council.

Digital detox



DIGITAL DETOX

ASSESS YOUR USE OF TECHNOLOGY TO CREATE SOME TECH FREE ZONES IN YOUR LIFE		
DO YOU OWN A SMARTPHONE (IPHONE, ANDROID, ETC.)?	Y	N
DO YOU CHECK YOUR PHONE IN THE FIRST HOUR OF THE DAY?	Y	N
DO YOU SPEND YOUR DAY WORKING IN FRONT OF A COMPUTER?	Y	N
DO YOU USE TECHNOLOGY AS A MEANS OF ESCAPE?	Y	N
DO YOU FEEL THAT YOU STAY ONLINE FOR LONGER THAN ORIGINALLY INTENDED?	Y	N
DO YOU FEEL THE NEED TO USE THE INTERNET/NEWS/GAMES/SOCIAL MEDIA WITH INCREASING AMOUNTS OF TIME IN ORDER TO ACHIEVE SATISFACTION?	Y	N
DO YOU FEEL PREOCCUPIED WITH THE NEWS/INTERNET/GAMES/SOCIAL MEDIA?	Y	N
DO YOU FEEL RESTLESS, MOODY OR IRRITABLE WHEN ATTEMPTING TO CUT DOWN OR STOP INTERNET/NEWS/GAMES/SOCIAL MEDIA USE?	Y	N
CAN YOU STAND IN A QUEUE WITHOUT CHECKING YOUR PHONE?	Y	N
DO YOU FEEL THE NEED TO RESPOND IMMEDIATELY TO YOUR MESSAGES?	Y	N
DO YOU CONSTANTLY CHECK THE PHONE EVEN IF IT DOES NOT RING OR VIBRATE?	Y	N
DO YOU FEEL ANXIOUS WHEN AWAY FROM YOUR DEVICE OR COMPUTER?	Y	N
WHEN DRIVING, DO YOU CHECK YOUR PHONE WHILST WAITING IN TRAFFIC?	Y	N
DO YOU CHECK YOUR PHONE DURING MEAL TIMES?	Y	N
DO YOU FEEL PANICKY AND ANXIOUS IF YOU DON'T HAVE YOUR PHONE ON YOU OR IF THE BATTERY IS DEAD?	Y	N
SINCE YOU FIRST LOOKED AT THIS WORKSHEET HAVE YOU AT ANY POINT STOPPED TO CHECK NEWS, EMAILS, SOCIAL MEDIA, TEXT MESSAGES ETC.?	Y	N
HAVE YOU EVER CHECKED NEWS, EMAILS, SOCIAL MEDIA, TEXT MESSAGES, ETC. WHILE ON THE TOILET?	Y	N
HAVE YOU EVER CHECKED NEWS, EMAILS, SOCIAL MEDIA, TEXT MESSAGES, ETC. IN BED?	Y	N
DO YOU CHECK YOUR PHONE JUST BEFORE GOING TO SLEEP?	Y	N
HAS ANYONE EVER TOLD YOU THAT YOU'RE ONLINE/ON YOUR PHONE TOO MUCH?	Y	N
TOTAL		