

# Stress awareness month

APRIL



## What is stress?

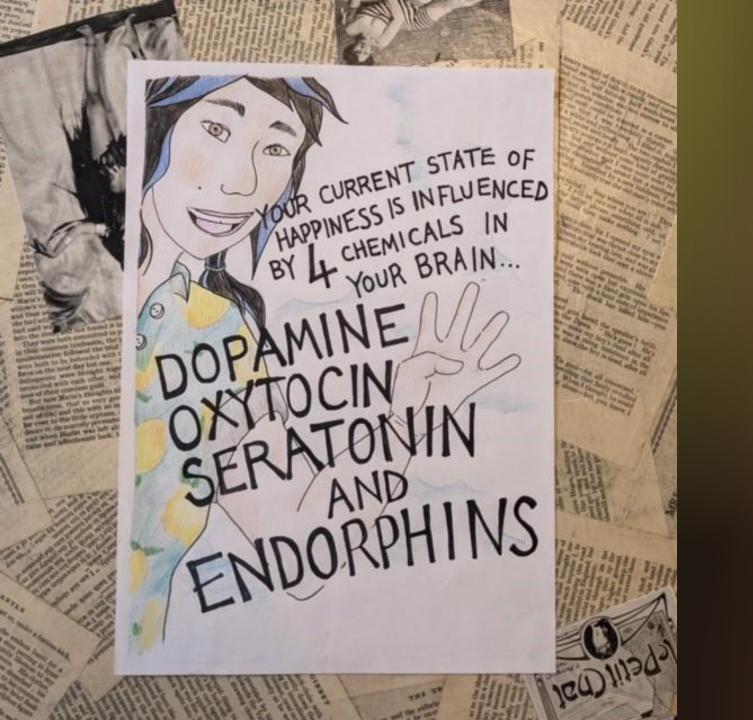
### What can you do to manage stress?



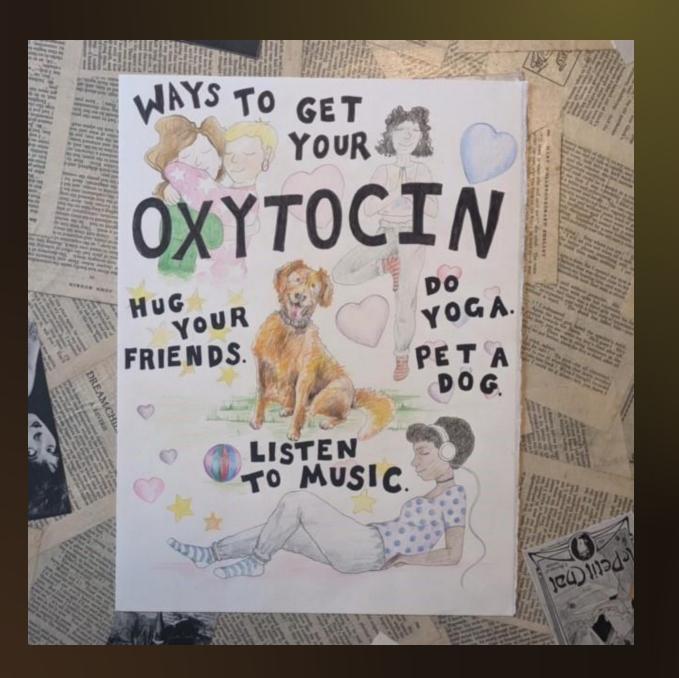
We all need a level of stress in our lives to protect us and the people around us.

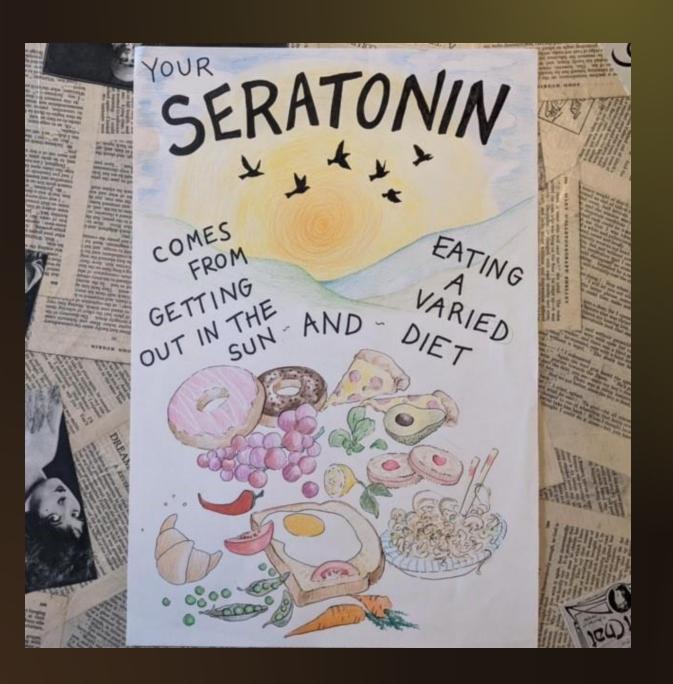


What can we do to help ourselves?











#### 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**

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