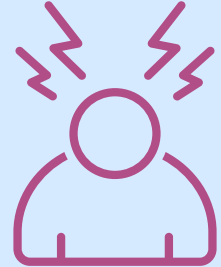


# Compass

Services to improve health and wellbeing

# Stress workshop

## What is stress?



Stress is the body's reaction to feeling threatened or under pressure. It is very common, and in short bursts it can be motivating to help us achieve things in our daily life, such as at school or home.

Stress can become unhelpful to us if we experience it for longer periods of time and it begins to affect our health and wellbeing.

It could be...

- lots of problems at once.
- Certain situations or events that make us feel under pressure.
- Our reaction to being placed under pressure.

## why do people experience test stress?

Worried they might fail

Feel they need to compete with others

Feeling unprepared

They want to do really well

Don't have much time to study

Feel pressure from family to get good marks



# Managing stress

HELP



## Positive affirmations

Positive affirmations stick in our mind the more we repeat them. Choose a maximum of 3 to practise using.

Try to repeat them every day - by repeating them they become a helpful habit and we will start thinking them automatically. Don't just repeat them mindlessly. Make sure you take time to think about what it means and notice how it makes you feel.

**Think**  
I am good enough. I'm as good as anyone else. I am kind and caring.



**Feel**  
Motivated, proud, happy, confident

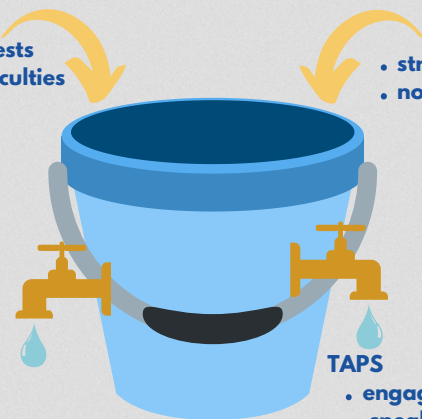
**Behave**  
Try my best, spend time with friends

## Stress bucket

We all have our stress bucket (what we can handle before it feels too much). Lots of things can make us feel stressed. This might include things at school and at home. Below are some examples:

- worry about tests
- friendship difficulties

- stress at home
- not sleeping well



**TAPS**

- engaging in hobbies
- speaking to friends and family
- listening to music

If we don't empty our bucket regularly, it will overflow. We need to look at our 'taps' (things we enjoy) to help empty our bucket.

## Progressive Muscle Relaxation

<b>1 Forehead</b> Scrunch up your forehead like you are thinking hard! Squeeze it tighter, tighter! Now you can relax. (hold for around 10 seconds)	<b>2 Eyes</b> Squeeze your eyes tight like you are about to blow out the candles on your cake and make a wish! No peeking! (10 seconds)
<b>3 Cheeks</b> Puff your cheeks out as far as you can! Make them bigger, like you have a mouth full of food! Now, relax. (10 seconds)	<b>4 Mouth</b> I want you to pretend you are chewing a really big piece of gum! It's really hard to chew, but keep chewing! (10 seconds)
<b>5 Shoulders</b> I want you to try and touch your shoulder blades together! Squeeze tighter, you're almost there! Now you can relax. (10 seconds)	<b>6 Arms</b> I want you to make your arms as straight and stiff as possible! Pretend you are frozen! Now you can relax. (10 seconds)
<b>7 Lower Back</b> Sit up super straight and try to be as tall as you can! Taller! Taller! And now relax. (10 seconds)	<b>8 Legs</b> I want you to make your legs as straight as you can! Pretend you are frozen again! Now you can relax. (10 seconds)
<b>9 Feet</b> I want you to press your feet into the ground as hard as you can! Push, Push! And now relax. (10 seconds)	<b>10 Toes</b> Pretend you are at the beach, and squish your toes in the sand! So squishy! And now relax. (10 seconds)

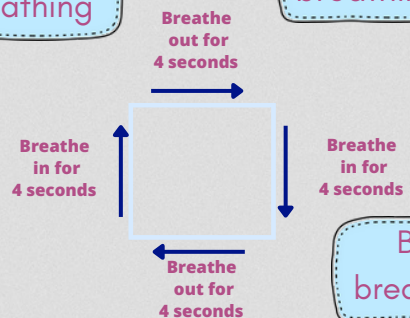
## Breathing



5 finger breathing



Rainbow breathing



Box breathing

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