

MAKE

STRESS

THE KEY TO YOUR

SUCCESS



WHAT IS STRESS?

Stress is the body's natural reaction to facing change. Stress happens everyday and in many ways; it could happen when you're playing sports, during exams, or even when you're arguing with friends or family. Stress is a big part of your life and too much stress can be very bad for your health.

Stress is a challenge that we all face and will continue to do so throughout our lives. It is important to learn how to turn your stress into a useful tool.



WHAT STRESSES US?

In today's world there are lots of different pressures to deal with, whether it is school, social networking or self-esteem. All of these can have a huge impact on your development.



SCHOOL

WHAT STRESSES US?

School is the biggest stress factor for **11 to 16 year olds**. A massive **73% of 15 year olds** in England feel under **constant pressure from schoolwork** and sadly **only 27% of students in England say that they actually enjoy school**. **Stress can harm your learning and progress**, especially when it comes to revising. It can have an impact on you in many ways such as:

- Limits your **concentration** and **focus**.
- Limits the amount of **information you can memorise**.
- Restricts your **ability to organise** and **plan** effectively.
- Stops your **motivation** – the most important factor.



73%
OF 15 YEAR OLDS
FEEL UNDER
CONSTANT
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SCHOOLWORK

HOW CAN WE TACKLE THIS?

- **Make a timetable** – whether this is for exam time or even your daily routine.
- **Set a goal** to complete everyday – this can start with something small and grow!
- **Use the techniques you are given** – A-Maps, memory techniques.
- **Study Groups** – use the time with your friends to your advantage!

SELF-ESTEEM

WHAT STRESSES US?

Your teenage years are a **time for discovering the person you want to be**, so having **constant pressure to look 'perfect' and be 'perfect'** just adds to the stress. **Self-esteem affects everything we do**, whether it's schoolwork or our social life. Here is just a small list of how low self esteem can affect us:

- We avoid trying **new things**.
- Limits our ability to manage **stress and frustration**.
- Stops us from realising our **strengths and talents**.
- Clouds our **judgment**.



HOW CAN WE TACKLE THIS?

- **Set yourself a 'Skill Success'** each week where you aim to challenge a skill you have not mastered YET!
- **Make up a positive moto**, "I'm awesome, I'm great, I've got this."
- **Exercise for 30 minutes a day** to release your happy hormones.
- **Set aside some time to reflect** on how AWESOME you are!

SOCIAL MEDIA

WHAT STRESSES US?

Social media is an absolute must in order to stay up to date. **FOMO is real!** We are becoming **more stressed at the 'fear of missing out'** and are **under massive pressure to stay connected 24/7**. This can affect us in so many ways:

- It is addictive so it puts **pressure on to stay connected**.
- It can make us feel bad about ourselves – **always unrealistically comparing our lives to others**.
- Stops our **ability to focus**.
- Limits our **creativity**.

HOW CAN WE TACKLE THIS?

- **Be careful not to overshare**.
- **Do not put up with cyber-bullying** – as soon as you feel that you are being bullied, tell an adult you trust who can help!
- **Be positive** – if your posts are upbeat you will be upbeat.
- **Step away for a while** - if you start to feel yourself getting stressed.
- **Choose your friends carefully** – accepting everyone at school can cause more harm than good!



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COMMANDMENTS FOR

STRESS

- 1 Get organised**
- 2 Take advantage of your material**
Revision techniques were made for a reason!
- 3 Give yourself a break**
Rome wasn't built in a day!
- 4 A problem shared, is a problem halved**
Talk to your family and friends.
- 5 Embrace your mistakes**
Elbert Hubbard said it perfectly, "The greatest mistake you can make in life is to be continually fearing you will make one."
- 6 Get active**
Dance, run, play for 30 minutes a day to get those happy hormones.
- 7 Be Happy**
Surround yourself with those who make you smile.
- 8 GET TOUGH**
Never let anyone put you down because guess what – you are AWESOME!
- 9 Turn your quirks into perks**
Being unique is an asset, so embrace it!
- 10 RISE NOT FALL**
Rise to the challenge, do not let stress beat you.



**THE GREATEST
WEAPON AGAINST
STRESS IS OUR
ABILITY TO CHOOSE
ONE THOUGHT
OVER ANOTHER**

GET IN TOUCH:

SAMARITANS

www.samaritans.org.uk

Helpline: 116 123

FAMILY LIVES

www.familylives.org.uk

Helpline: 0808 800 2222

THE MIX

www.getconnected.org.uk

Helpline: 0808 808 4994



www.learningperformance.com



www.learningperformance.com

Telephone: 01903 872849

Email: success@learningperformance.com