

Wellbeing Workshop

for Parents/Carers & Students

Shahla Matarazzo (Assistant Principal)

Nichola Addley (Lead Tutor)

Y10/11 Revision Evening, March 2018

GCSEs

What are you worried about?

**Make a note on the Post-It, using a
separate Post-It for each *worry***

What are students worried about?

<http://www.bbc.co.uk/programmes/articles/4LDcMsS4HfDR9PTr9lQGslr/the-mind-set-exam-worries>

What are parents/carers worried about?

<http://www.bbc.co.uk/programmes/articles/4LDcMsS4HfDR9PTr9lQGslr/the-mind-set-exam-worries>

How Do You Know When You Are Stressed?

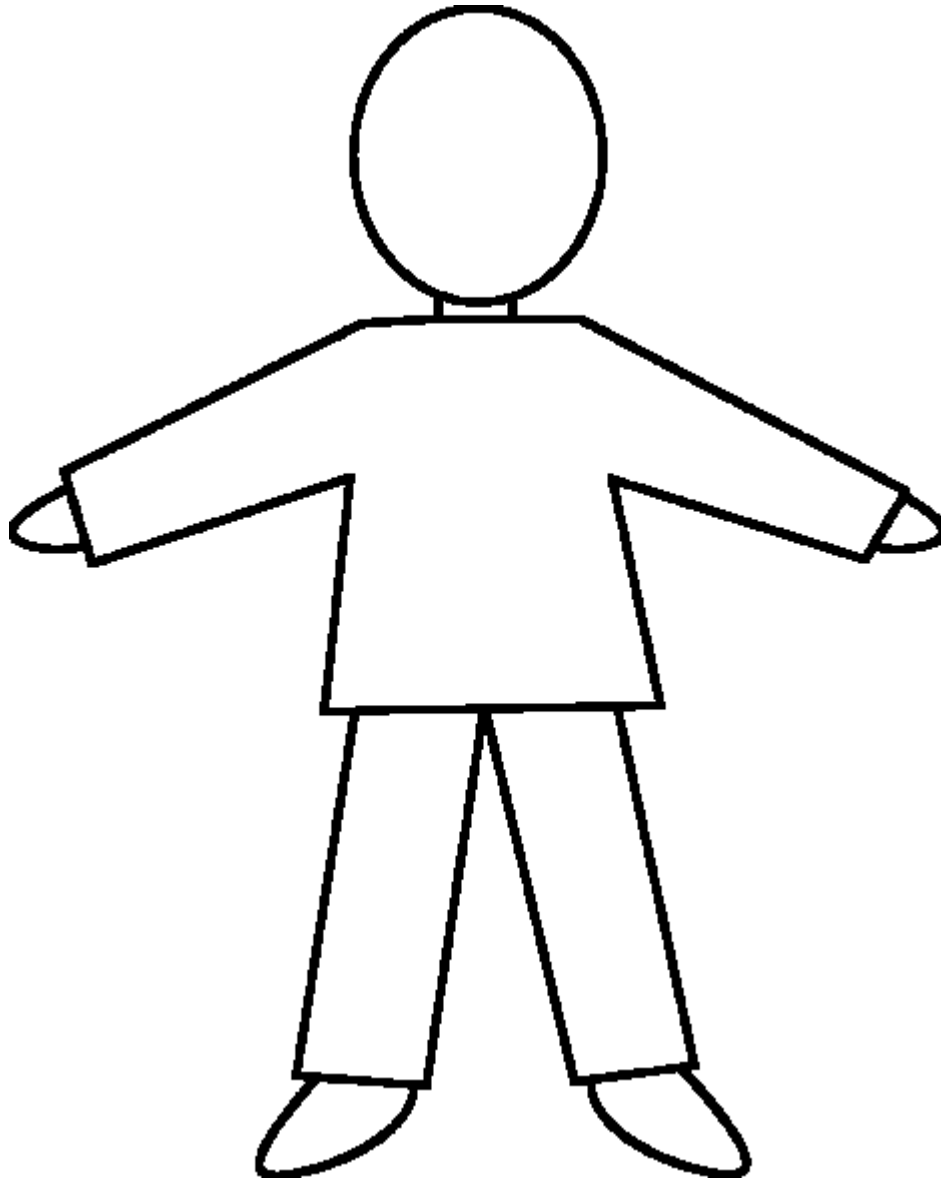
Loss of
Appetite

**“Messy”
Brain**

Aches/Pains
in shoulders

How Do You Know When Your Child is Stressed?

Where do you feel anxiety/stress?



Managing Stress Brainsmart BBC

<https://www.youtube.com/watch?v=hnpQrMqDoqE>

Headspace

<https://www.youtube.com/watch?v=QUyFvygsUhk>

Five Tips to Wellbeing

Connect

Be Active

Take Notice

Learn

Give

Feeling
anxious?

Don't know who
to talk to?

Feeling
worried?

Feeling
stressed?

Feeling
unhappy?

helloyellow@lvc.org

Feeling
overwhelmed?

Trouble
sleeping?

Need
advice?

Want
strategies?

Email helloyellow@lvc.org for **advice, guidance and support** on anything related to your **mental health and wellbeing**. **Trained staff in mental health will respond** to your email and provide you **with basic approaches and strategies** that might make you feel better. **If they cannot help, they will signpost you** to a place that can... **#oktosay**