

## Strategies to Manage Stress

Anxiety, problems sleeping and irritability often have stress as the root cause. There are steps we can take in our daily life to help manage periods of stress.

- Developing healthy routines and sticking to them until it becomes a habit
- Prioritising tasks based on importance
- Making use of support around us and asking for help when it is needed
- Spend time outside
- Do something you enjoy everyday



## Useful Websites

<https://www.mind.org.uk/>

<https://www.youngminds.org.uk/>

<https://www.anxietyuk.org.uk/get-help/helping-your-child/>

## *Contact Information*

### **Depute Link**



Jody Rushworth:

[jrushworth@bishopbriggs.e-dunbarton.sch.uk](mailto:jrushworth@bishopbriggs.e-dunbarton.sch.uk)

### **Nurture Teachers**

James Orr:

[jorr@bishopbriggs.e-dunbarton.sch.uk](mailto:jorr@bishopbriggs.e-dunbarton.sch.uk)

Kerry MacEwen:

[kmacewan@bishopbriggs.e-dunbarton.sch.uk](mailto:kmacewan@bishopbriggs.e-dunbarton.sch.uk)

# Bishopbriggs Academy

## Nurture and Well Being Support





## What is the Nurture Base?

The Base offers pupils a calm and supportive environment where they can develop their social and emotional skills. It offers opportunities to form new friendships and access to nurturing experiences that supports good mental health and gives them the skills to do their best in school and deal more confidently and calmly with the challenges of modern-day life.



## What we offer:

### S1&2 Nurture Groups

Small, structured groups where pupils take part in activities to develop their social and emotional skills once a week for two blocks of the year.

### 1:1 Support

Sometimes pupils need individualised short term or long term support in 1:1 sessions. This offers a nurturing environment to talk about worries and explore techniques to manage emotions.

### Exam Stress Support

Short term drop in sessions to manage exam stress during prelims and exams.

### Clubs

Breakfast Club  
Mindfulness Monday  
Time Out Tuesday  
Drop in Wednesday

## Nurture Principles

The Scottish Government promotes the importance of a nurturing approach in Primary and Secondary schools as a way to support behaviour, wellbeing, attainment and achievement.

