



Building Resilience and Managing Stress

Strategies and Activities for
Well-being

Stress and Resilience

- Stress and resilience are two sides of the same coin. While stress is a natural response to challenging situations, resilience is our ability to bounce back from them. It's crucial to address these topics in the context of secondary education to ensure the well-being of our students.
- Resilience isn't just about overcoming challenges; it's about learning and growing from them. A resilient student is better equipped to handle academic pressures, personal issues, and the general ups and downs of life, leading to better mental health and overall well-being.

Causes of Stress in Secondary Education

- Academic pressures – Two biggest uptakes tonight were study skills and managing stress/building resilience.
- Peer and social pressures – common around S2/S3 age.
- Extracurricular commitments – ‘double-edged sword’ these are excellent for managing stress but can at times cause stress.
- Personal and family issues

Signs of Stress in Pupils

- Stress manifests in various ways:
 - Behavioral changes
 - Emotional symptoms
 - Physical symptoms
 - Academic decline

These are the things we watch out for in Bishopbriggs Academy. There are various staff members who will flag up any concerns. Guidance teacher – responsible for overall pastoral care.

Registration teacher – front line pastoral daily check in.

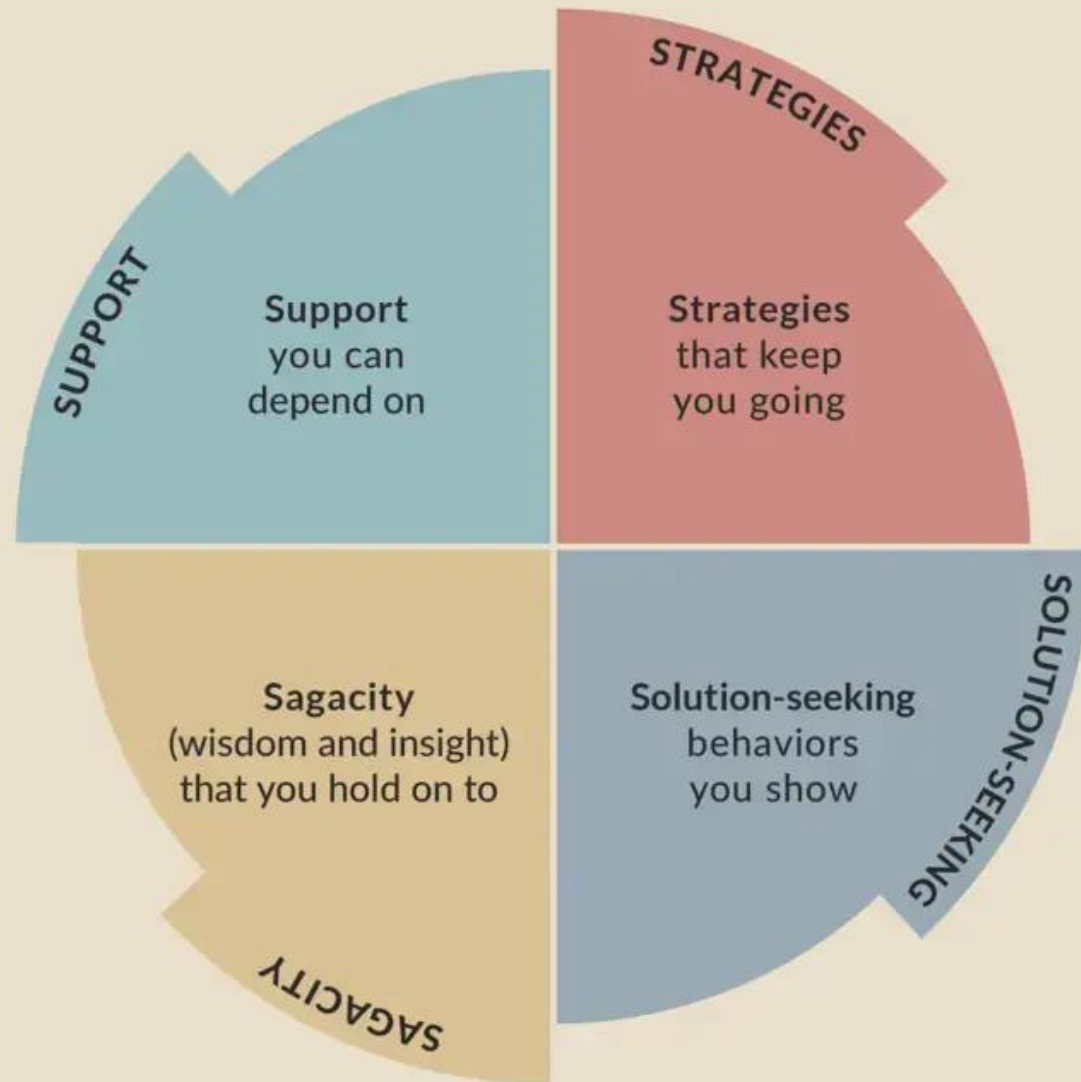
Class teachers.

Other staff.

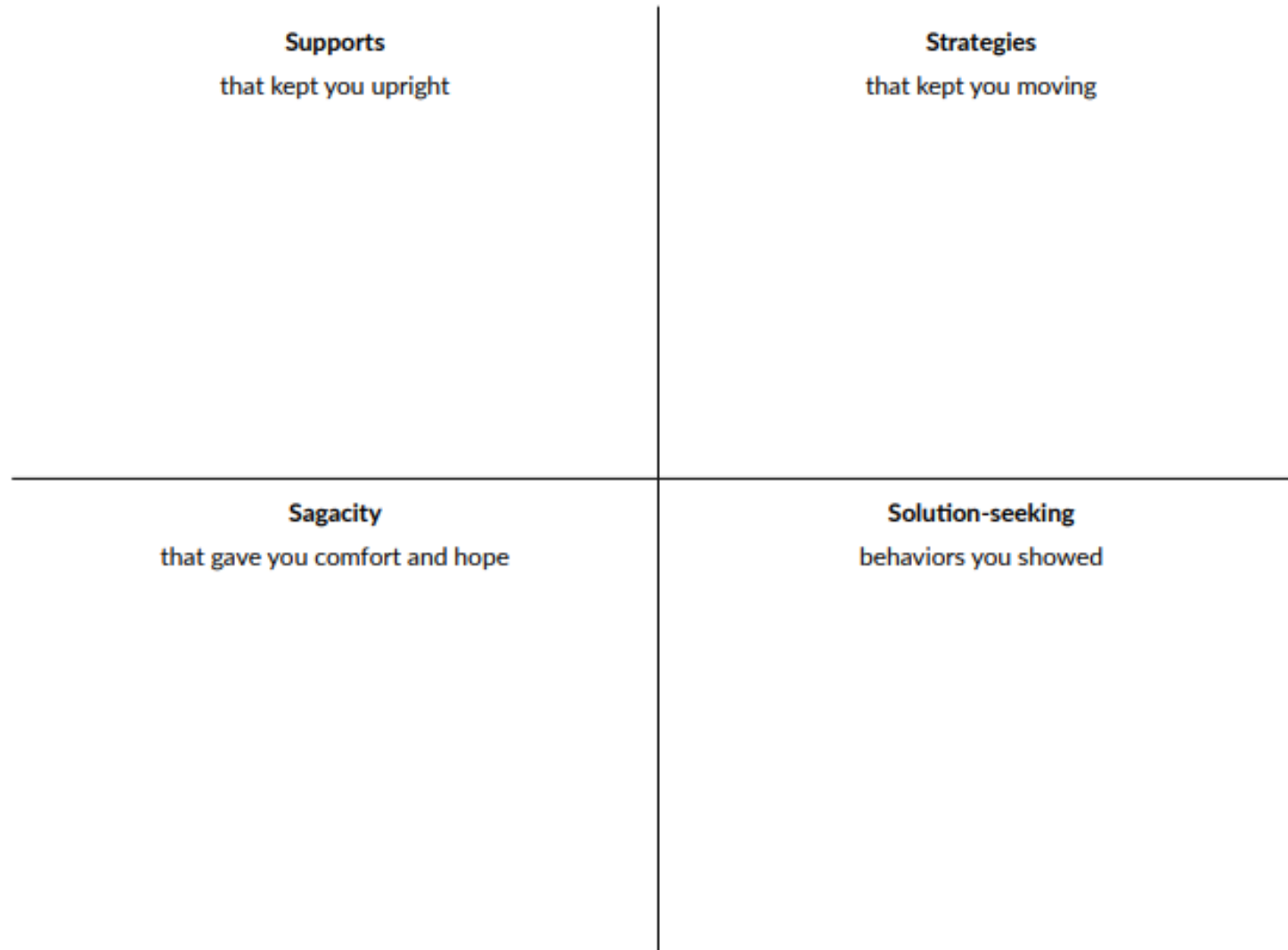
Building resilience

- Some strategies to build resilience:
 - Failure is OK! Resilience is most commonly built by experiencing set backs and learning from them. Significant academic pressure can be helpful but young people need to know that it is ok to fail.
 - **Rewarding effort rather than results.** Focus on the process not the goal. The goal is high stakes and failure can cause negative self worth.
 - Small wins are important, build confidence for challenges in the future.
 - Doors closed doors open.
 - Thinking about values
 - Four S's – We will look in more detail.

THE RESILIENCE PLAN: THE FOUR S'



4 Ss of Resilience – Resilience plan.



Take a few minutes in the sheet to talk or think through your own resilience plan.

Appendix C: Example of a completed Resilience Plan

Difficult situation: Stuffed up a job interview and did not get the job

<p>Supports that keep you upright</p> <p><i>Called my partner Joe - 0432182074</i></p> <p><i>Called my Mum - 0409867222</i></p> <p><i>Booked an apt with my therapist</i></p>	<p>Strategies that keep you moving</p> <p><i>Went for a walk</i></p> <p><i>Smiling Mind meditation app</i></p> <p><i>Calming breathing technique</i></p> <p><i>Played with my dog</i></p> <p><i>Did some gardening</i></p> <p><i>Wrote in my gratitude journal</i></p> <p><i>Expressive writing</i></p>
<p>Sagacity that gives you comfort and hope</p> <p><i>Remembered that growth comes from mistakes</i></p> <p><i>"This too shall pass" - sticky note on the fridge</i></p> <p><i>Thought about what I could do differently next time and wrote down on paper</i></p>	<p>Solution-seeking behaviors you can show</p> <p><i>Asked for feedback from job interviewers</i></p> <p><i>Applied for 3x new jobs</i></p> <p><i>Sought professional coaching for job interviewing</i></p>

Activities to Manage Stress

- **Mindfulness and Meditation:** Breathing exercises, guided meditation sessions.
- **Physical Activity:** Encouraging regular exercise, joining sports teams.
- **Creative Outlets:** Art, music, writing, and other creative activities.
- **Time Management Workshops:** Helping pupils manage their academic and personal commitments.
- **Peer Support Groups:** Creating safe spaces for pupils to share and support each other.
- **TALK** – talk with your child about the stress they are experiencing.



What can the school help with.

- First point of call is the guidance teacher.
- Additional support – wellbeing base
 - Small group work – anxiety, stress
 - 1-1 sessions
- Additional support – Study skills tutorials.
 - Help with planning and prioritising which can reduce stress and help with resilience - sense of control is important.
- Additional support – Extra curricular clubs
 - Dozens of clubs in school for all interests. Can provide ‘down time’, social interaction, opportunity for exercise.

Further information.

- <https://learning.nspcc.org.uk/child-health-development/child-mental-health>
- <https://www.camhs-resources.co.uk/downloads>
- Email – Jorr@Bishopbriggs.e-Dunbarton.sch.uk (J Orr – Teacher of Wellbeing).



Thanks for listening.

- Any questions?

 - Evaluation.
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