




Building Resilience and Managing Stress

STRATEGIES & ACTIVITIES FOR WELLBEING





Aim



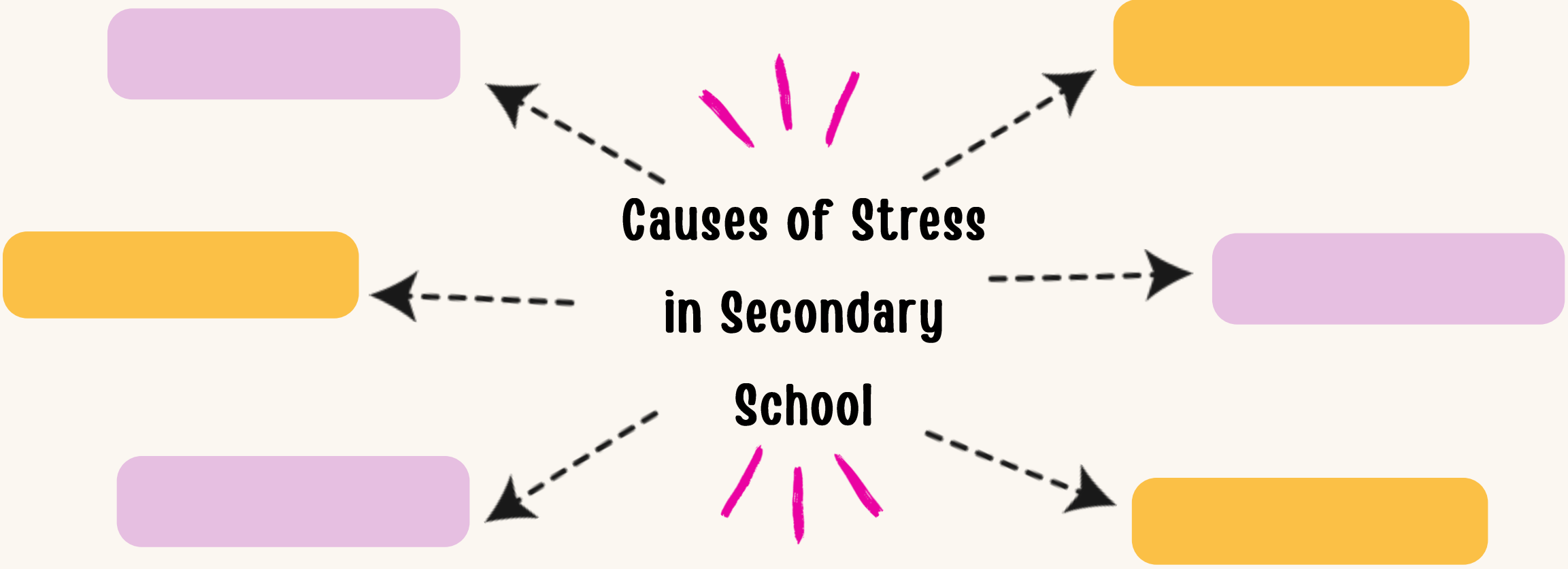
To develop our
understanding of
resilience and stress
management in
young people.



Stress & Resilience

Stress and resilience are two sides of the same coin. Stress is a natural response to challenging situations, and 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 School

ACADEMIC PRESSURES

- Class tests
- Prelims/exams

PERSONAL & FAMILY ISSUES

- Transitions
- Changes
- Relationships

PEER & SOCIAL PRESSURES

- Common around S2/S3 age
- To fit in/look a certain way

LACK OF SLEEP

- Bedtime avoidance
- Lack of sleep hygiene
- Technology

EXTRA-CURRICULAR COMMITMENTS

- Excellent for managing stress but can sometimes cause stress
- Over commitment

HOMEWORK

- Increases the further up the school you go
- Time-management & organisation skills

Signs of Stress

- Behavioural 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 – notice changes in behaviours, routines, effort.
- Other staff – LSAs, canteen staff etc.

Building Resilience

Some strategies to build resilience

Failing is OK!

Rewarding Effort
Rather Than Results

Doors Closed,
Doors Open

Four S's

Small Wins
are Important

Thinking
About
Values

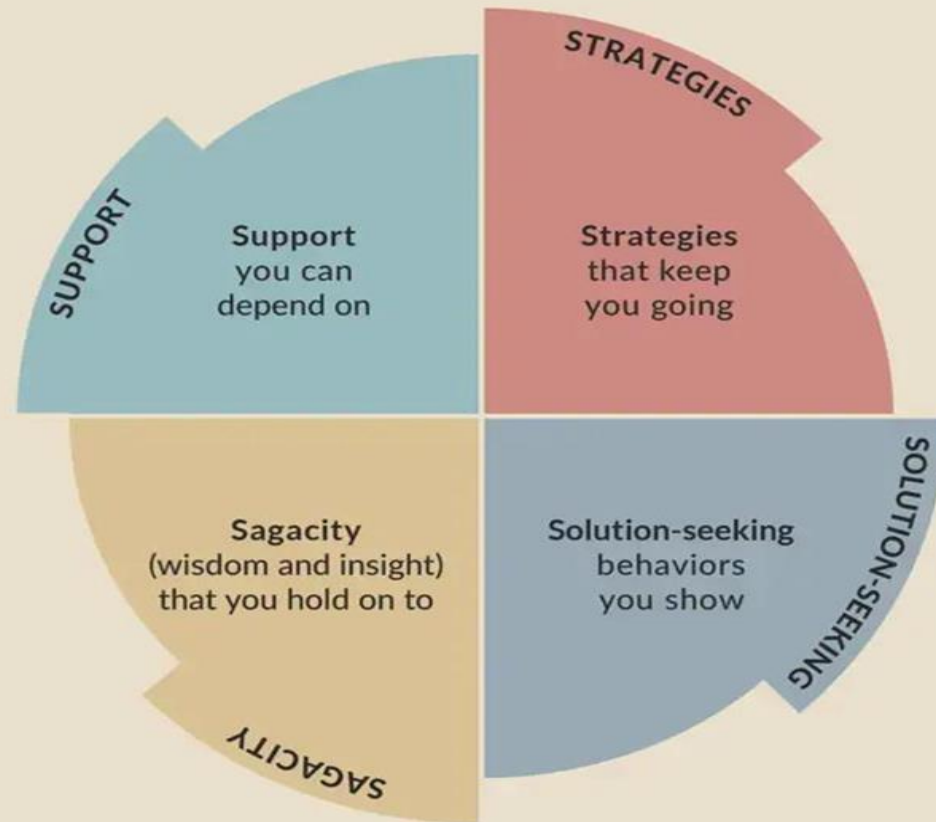
Building Resilience

Some strategies to build resilience

- **Failing 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 also ok to fail.
- **Rewarding Effort Rather Than Results** – Focus on the process, not the goal. The goal is high stakes, and so failure can cause negative self worth IF pupils don't see value in the process.
- **Small Wins are Important** – Builds confidence for challenges in the future.
- **Doors Closed, Doors Open** – Life involves constant change, as doors close and open. We aim to help pupils recognise that while doors close, new opportunities also arise.
- **Thinking About Values** – At BA, we value respect, effort and resilience.
- **Four S's** – We will now look at this in more detail.

The 4 S's of Resilience

THE RESILIENCE PLAN: THE FOUR S'S



The 4 S's of Resilience

Example resilience plan

Example of a Completed Resilience Plan

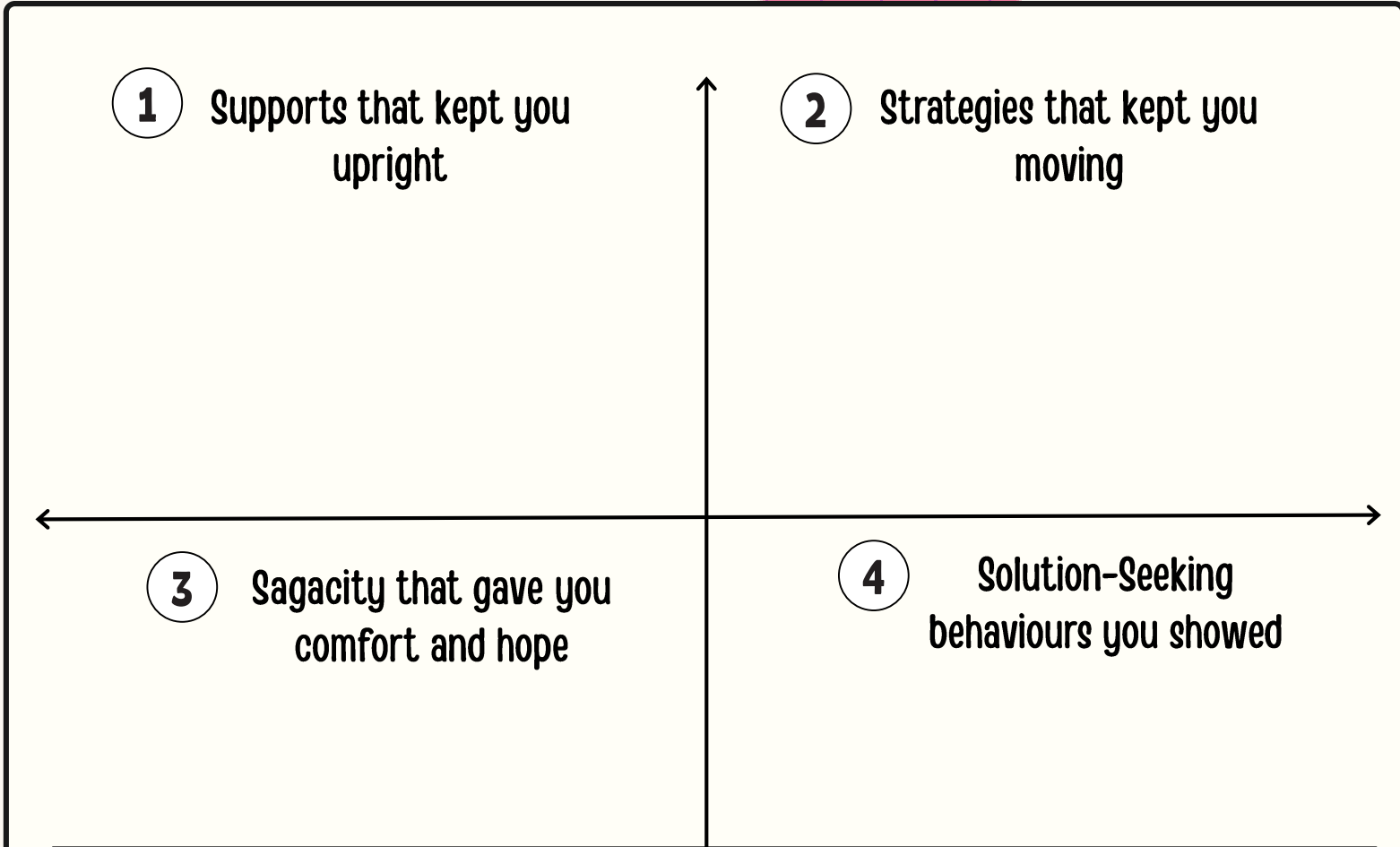
Difficult situation: Mucked up job interview and didn't get the job.

<p><u>Supports</u> <i>that keep you upright</i></p> <ul style="list-style-type: none">• Called my partner• Called my mum• Booked an appointment with my therapist	<p><u>Strategies</u> <i>that keep you moving</i></p> <ul style="list-style-type: none">• Went for a walk with my dog• Smiling Mind meditation app• Calming breathing technique• Did some gardening• Wrote in my gratitude journal
<p><u>Sagacity</u> <i>that gives you comfort and hope</i></p> <ul style="list-style-type: none">• Remembered that growth comes from mistakes• "This too shall pass"• Thought about what I could do differently next time and wrote it in my journal	<p><u>Solution Seeking</u> <i>behaviours you can show</i></p> <ul style="list-style-type: none">• Asked for feedback from job interview• Applied for three more jobs• Sought professional coaching for job interviewing



The 4 S's of Resilience

- 1 SUPPORTS
- 2 STRATEGIES
- 3 SAGACITY
- 4 SOLUTION-SEEKING



Task

Take a few minutes create your own resilience plan.





Activities to Manage Stress

Mindfulness and Meditation

Physical Activity

Creative Outlets

Time Management Habits

School Support

Talk

Activities to Manage Stress

- **Mindfulness and Meditation:** Breathing exercises, guided meditation sessions, time away from phones/social media, colouring.
- **Physical Activity:** Encouraging regular exercise, bringing PE kit, joining sports teams, help them factor in to their week.
- **Creative Outlets:** Art, music, writing, and other creative activities.
- **Time Management:** Demonstrate study timetables, plan their week, family calendar, extra curricular commitments at crucial times in school year, check their Satchel
- **School Support:** Nurture base, guidance, counsellor, careers advisor, year head/assembly, DYW, reg teacher, PSE
- **Talk:** Discuss the stress your child is experiencing, ask open questions, set by example, peak and pit of your day and ask theirs

How Can BA Help?

Guidance teacher

- First point of contact
- Can “triage”- tailored support specific to individual needs

Wellbeing Base

- 1:1 session
- Small group work – anxiety, stress, anger management, friendships/relationships
- Help with planning and prioritising, which can reduce stress and help with resilience

Additional support

- Study Skills
- Tutorials
- Exam stress workshops
- Mental Health Ambassadors
- S6 Buddies (for S1 pupils)

Extra-Curricular Clubs

- Dozens of clubs in school for all interests
- Can provide ‘down time’, social interaction, opportunity for exercise
- Homework club – help organise workload, develop good routines

Activities to Manage Stress

TEENS
CAN
be
resilient

<https://www.youtube.com/watch?v=1v9XeApSYNY>



Further Information

NSPCC

<https://learning.nspcc.org.uk/child-health-development/child-mental-health>

CAMHS

<https://www.camhs-resources.co.uk/downloads>

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Ldawson@bishopbriggs.e-dunbarton.sch.uk

Mind

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

Lifeline

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



THANK
YOU!



Any Questions?
Evaluation