

Academic

School, college or university can be stressful places. You may be struggling with:

- Wanting to do well with exam or test results
- Pressure to do well from family
- Pressure to do well from yourself
- Not feeling 'good enough'
- Avoiding school
- Comparing yourself to other pupils
- A physical or special educational need that needs to be adapted for you

All of these can lead to stress, worry and anxiety, and make you feel really low.

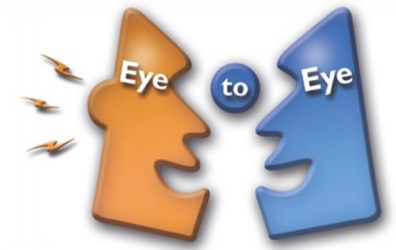
Change can also be a huge worry too, such as:

- Going from primary up to secondary
- Moving up a school year
- Moving to a new school/college/uni and not knowing anyone
- Moving away from home to university
- Changing sets or form classes
- New subjects that you don't understand
- Making new friends
- Arguing with friends or being bullied (see our Bullying leaflet)
- Having new teachers
- The amount of homework or coursework to do

Although stressful, **change can be a good thing** as it teaches us **resilience**: this means how we **deal with challenges** and **overcome them**, adapting to new ways.

What would be useful?

- Talk to your school counsellor about your worries- they have lots of experience!
- Talk to a teacher that you like or trust- they may be able to offer extra school support
- Schools, colleges and Universities all have Wellbeing Officers/Pastoral Care, so arrange an appointment to discuss any struggles that you have
- Talk to a family member about what you're finding hard
- Ask a friend/family member for help to revise, or to test you on things
- Make sure you're getting enough sleep each night
- Learn how to challenge negative thoughts (see resources)



"Sometimes we all need someone to talk to"



Helpful Resources

[Young Minds: Exam Stress](#)

[Young Minds: Problems at school](#)

[Mind: 14 ways to beat exam stress](#)

[Therapist Aid: Worry Worksheet](#)

[Mind well: Challenging negative thinking](#)

Headspace (app)

Mindshift (app)

Useful Contacts

Eye to Eye Counselling Service:

01443 202940

Email: info@eyetoeye.wales

Childline

0800 1111

www.childline.org.uk (online chat available)

The Mix

0808 808 4994

www.themix.org.uk (online chat available)

