



Mental Health in Schools Team (MHST)

Parent/Carer Tips for Wellness:

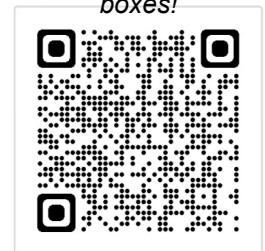
MANAGING ANXIETY AROUND SCHOOL

School is a place where young people often experience anxiety for several reasons. Some people may worry about making friends or fitting in, have difficulty understanding school work, or feeling exam pressure.

School-Related Anxiety Warning Signs:

- Not sleeping well
- Feeling sick or complaining of butterflies in their stomach
- Not wanting to get out of bed in the morning
- Increased anger or upset at school or home

More information
about self-soothe
boxes!



It is common that young people show symptoms of school-related anxiety in evenings or early mornings before school. The first step to supporting your child is to understand what is causing these feelings.

Top tip: Some children may find it difficult to be asked direct questions about their feelings. Try creating a mind map with them about school, including everything that is on their mind.

Strategies to Try at Home:

Keep a record of patterns in behaviours to share with the school's Mental Health Lead

Create a self-soothe box with items that your child finds relaxing

Breathing exercises

Create a morning routine

Recognise small achievements