

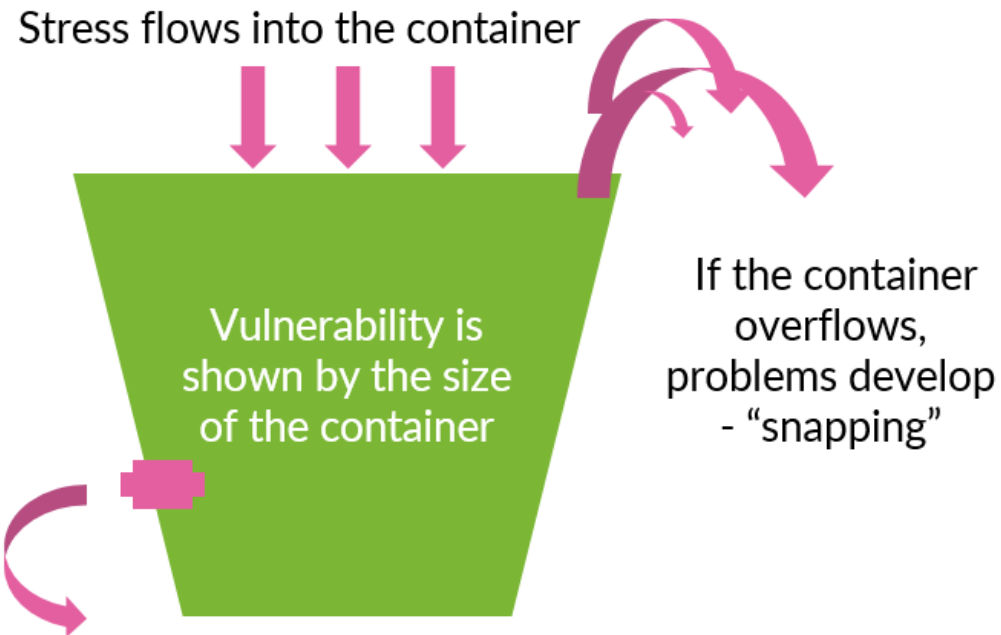
Managing stress and anxiety: helpful coping strategies

Helpful coping strategies can inform a whole-school approach to stress and anxiety. This assembly plan is a good way to get pupils thinking about common symptoms and effective strategies

1. Begin the assembly by explaining stress and anxiety. Ask pupils what makes us stressed and anxious and ask them to name some signs and symptoms of anxiety.
2. Use the signs and symptoms in the strategy booklet to help them name some common symptoms of stress and anxiety.
3. Then use the 'stress container' (see page 2) to illustrate stress, anxiety, and helpful vs unhelpful coping strategies. Ask pupils to share ideas on what might help a person who is experiencing anxiety (helpful coping strategies). Discuss helpful coping strategies such as:
 - talking about your worries to a friend, a trusted family member, or teacher/school nurse/school counsellor
 - having fun - doing a favourite hobby, playing outside, playing a game with friends
 - eating healthily and avoiding caffeine (e.g. energy drinks)
 - getting enough sleep and relaxation.



What's in your Stress Container?



Helpful coping strategies = tap working lets the stress out

Unhelpful coping strategies = tap blocked so water fills up and overflows

(Source: [Brabban & Turkington, 2002](#))