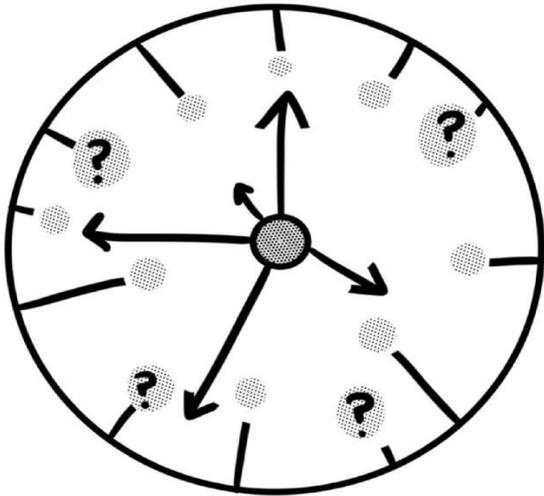
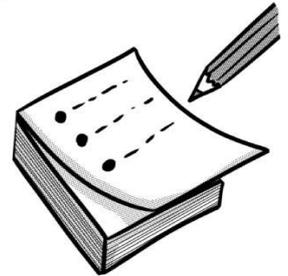


Did you know?



Increasing numbers of young people are seeking help because of exam-related stress and the pressures of doing well in their academic studies. The NSPCC has reported that there has been a sharp rise in the number of counselling sessions for 16-18 year olds, with many people worried about getting into universities and others concerned about their parents' reactions to results.

Reward effort more than grades - research shows that praising effort gets better results.



What can you do?

Make sure they have a comfortable place to work and study which is quiet or make it easy for them to study elsewhere, like the Hive or at someone's home. It may be better to go out and let them have the house to themselves at crucial times for an hour or so.

One of the key trigger points for high degrees of pressure is when students do not feel that they are in control of their work. Helping them to get organised so that work is not last minute helps to reduce stress.

Establish a revision routine by re-arranging the family's schedules and priorities that works for them.

Be lenient about chores and untidiness as much as you are able to.

Try to avoid nagging them as it can help them lose focus.

Schedule small and frequent rewards for the effort they are putting in. Arrange some downtime so they can have a break from revision and exams.

Be calm, positive and reassuring and put the whole thing into perspective.

Although sometimes teenagers like to think they can handle very late nights, that is not what the evidence suggests. Lack of sleep will quickly lead to underperformance and feelings of stress and anxiety. Encourage them to get eight hours sleep a night.

Research shows that high use of social media is linked to poor mental health. One recent study shows that young adults who used social media heavily were three times more likely to be depressed than occasional users. Another study discovered that young people who exceeded two hours of social media use per day were more likely to claim that their mental health was 'fair' or 'poor' than occasional users.

Sometimes it is good to take your teen out of the house for a break – go for a walk or for a drink, simply to get some fresh air. Experts say that this very simple act can make a difference to our mental health.

A useful website to look at is:
www.youngminds.org.uk