

WITH ME IN MIND

Anxiety



Top tips to help students with anxiety

- Normalise anxiety- some anxiety is completely normal and everyone experiences it to some extent. Teach students that a little anxiety can help us to perform well, too much can make studying harder.
- Encourage students to reach out to somebody they trust. Tell them there is always someone who may understand. Notice changes in behaviour.
- Tell them to be kind to themselves, encourage them to schedule breaks when studying
- Encourage self-care with students tell them to make time to do things that help to de-stress each day e.g. take a bath, go for a run, spend time with somebody you care about, video call friends
- Teach students to use study schedules with time for breaks. This will foster a sense of achievement.
- If a student is having a 'bad day', and they are really struggling to manage their anxious thoughts. Encourage them to forgive themselves and be proud of their achievements so far.
- Make sure they are eating regularly and drinking plenty of water. Encourage students not to have too much caffeine.
- Discuss the importance of good sleep routines and try to encourage at least 8-10 hours of sleep per night. Tell students about the importance of relaxation and to use positive imagery while trying to fall asleep.
- If students are finding it hard to distract themselves from anxiety, ask them to focus on what you can see, hear, smell, taste, touch to divert their attention