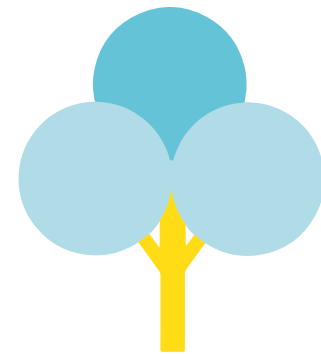


Responding to stressful situations toolkit: Secondary and FE



Stress is a natural response to challenging situations and events. While everyone experiences stress to some extent, stress can be overwhelming when it is particularly intense or long-lasting, and negatively impact our physical or mental wellbeing.

This toolkit contains resources to support both students and staff with identifying and managing stress. It contains lesson plans, tips and advice and supporting activities for dealing with stress in relation to school life, as well as potentially distressing events in the wider world.

The resources are divided into materials for use with students and materials to support staff.

Resources



Resources for use with pupils

[Young people's wellbeing guide for stressful situations](#) - Children's Society

A guide for young people, created with young people, about coping with stressful situations and advice on how to manage them.

[Responding to critical incidents in educational communities](#) - UK Trauma Council

A set of resources, including lesson plans, to support schools and colleges to respond effectively to potentially traumatic and distressing incidents.

[Exam stress lesson plan](#) - Public Health England

A lesson for students aged 11 to 16, designed to help them to develop strategies for managing exam stress and to support others.



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Resources for use with staff

[Creating a safe, inclusive and supportive learning environment - British Red Cross](#)

Guidance on creating a safe and supportive learning environment when exploring sensitive, challenging and potentially distressing topics with students.

[How to handle stress - Education Support](#)

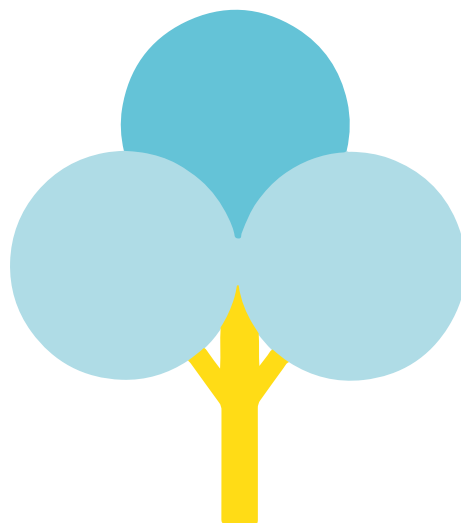
An article and printable poster with tips and guidance for staff on how to manage stress and look after their mental wellbeing.

[Interactive stress container - Mental Health First Aid England](#)

An interactive tool to support staff identify stress, recognise how it affects them and develop helpful coping strategies.

[Every Mind Matters self-care tool - Public Health England](#)

An online tool and action plan that provides personalised, practical tips to support individuals to manage stress and look after their mental wellbeing.



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