



Kings Langley Secondary



Bedmond Primary



Bovingdon Primary Academy



Kings Langley Primary



Nash Mills Church of England Primary



Sarratt Church of England Primary



St Pauls Chipperfield Primary



## Kings Langley Partnership of Schools

Working Together to Prepare our Children for the Challenges of Tomorrow

# Top Tips for Teens by Teens Strategies to Manage Anxiety

The mid-teens are a stressful period of transition.

How can you navigate this tricky time?

### Managing Exam Stress:

- Remember you're not alone – use support – friends, family, teachers.
- Think long-term.
- Set yourself small steps so revision seems manageable..
- Take breaks – this keeps your mind active.
- Have clear routines – eating well; sleep; exercise – all refresh the mind.

### Managing Social Media:

- Remember to post positive/helpful comments – being nice to others will be reflected back.
- Remember your good times and don't believe everything you read on social media. People can exaggerate and say what they want you to see.
- Know what is important to you and give yourself opportunities to have these experiences.
- Ignore the negative posts but be prepared to report them if they are extremely hurtful.

### Managing Real Life:

- Give yourself 'real' time with friends and family – this helps to improve communication and confidence..
- Share the good and bad – acknowledging achievements and/or difficulties with friends helps to put things in perspective.
- Listen and check – it's easy to misunderstand written and spoken messages.

