



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 Church of England 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.

