



Dorset  
Mental  
Health  
Support  
Team in  
Schools

# SUPPORTING YOUR CHILD'S WELLBEING



Dorset HealthCare  
University  
NHS Foundation Trust



**Dorset  
Mental  
Health  
Support  
Team in  
Schools**

We are an Early Intervention, Prevention Services that supports schools, staff & young people in promoting Positive Well-being.

We offer evidence-based interventions to mild to moderate Mental Health issues

We deliver workshops for young people, parents and staff

**NHS**  
Dorset HealthCare  
University  
NHS Foundation Trust

- How the teenage brain works
- Exam stress
- Top tips on how to support your child
- The importance of sleep

# The teenage brain

Can your teenager be impulsive, emotional, rebellious, a risk taker, distracted, disorganised, late and do they sleep a lot?

**Well, here's why.....**

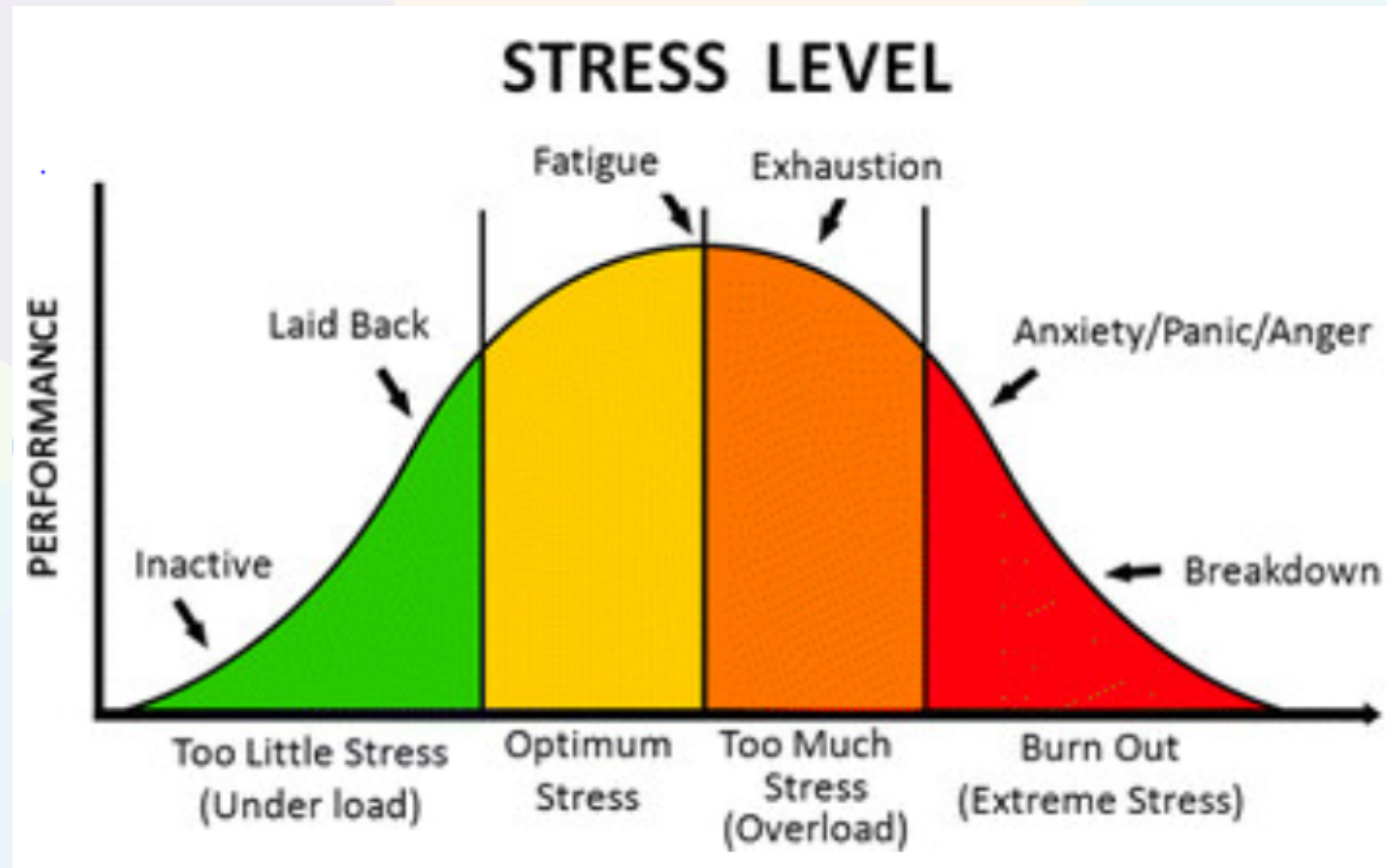




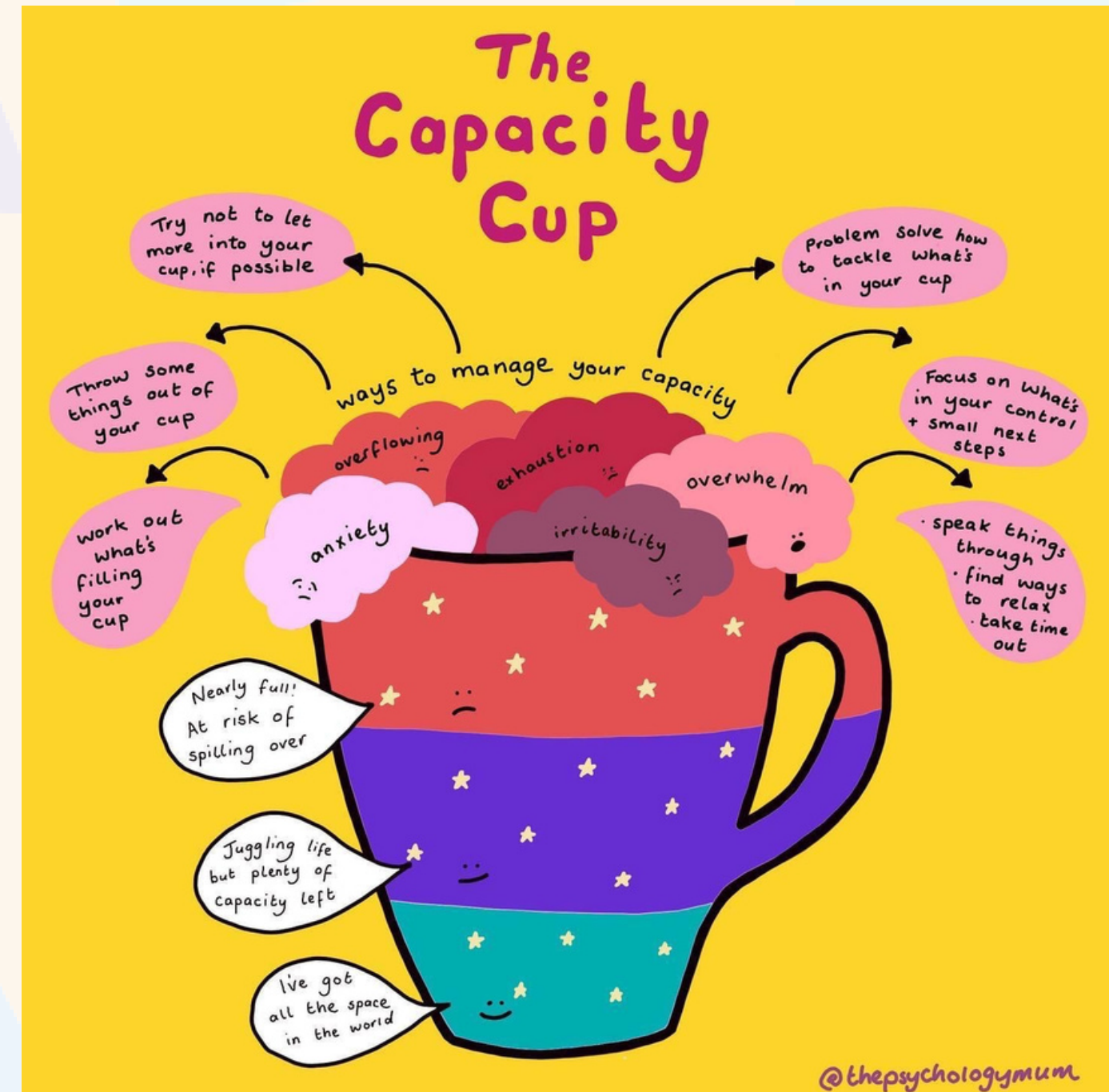
**UNDER  
CONSTRUCTION  
UNTIL 25**

# STRESS

Stress is normal for all of us from time to time. However, long term stress in teens can trigger mental health issues. This is due to stress causing significant brain changes on a brain that is still developing and growing.



# Taking on too much



# How might exam stress effect my child?

Exam stress can affect how young people feel, think and behave.

Frustrated

Fed up

Bored

Anxious

Upset, Teary

Stupid

**EMOTIONS**

Worried

Disappointed

Exhausted

Overwhelmed

Defeated

Angry

Uninterested

Embarrassed



Back pain

Heart beats faster

Headache

Feeling sick

Sweating

Restless

Shaking

# PHYSICAL SYMPTOMS

Blurry vision

Diarrhea

Stomach pain

Dizziness

Tense shoulders

Constant urination

I'm a failure

Everything I do is wrong

I can't do this, I'm going to fail

I'm stupid

# THOUGHTS

I can't cope

My friend is better than me

I'm a disappointment to myself and others

It's all  
pointless

Procrastinating

Drinking energy drinks/caffeine

Drinking alcohol, smoking

Isolating themselves

# BEHAVIOURS

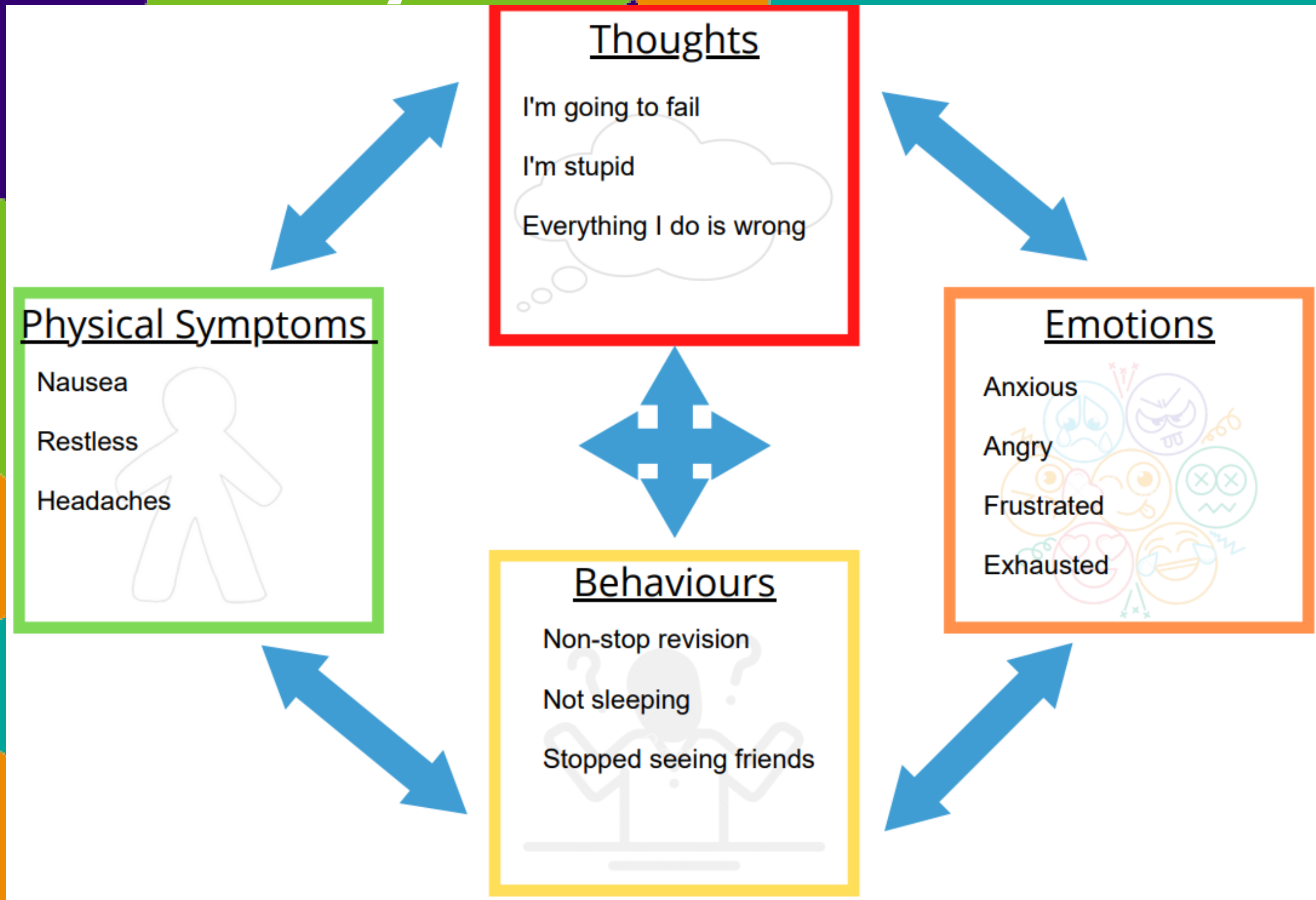
Not taking care of themselves  
(Sleep, food, exercise, keeping  
clean)

Binge watching TV

Not making time for the things they enjoy

Excessively revising

# The vicious cycle



# SOMETIMES WE THINK WE ARE HELPING.....



## **AVOIDANCE**

Example:  
not going to school  
due to anxiety  
related symptoms

## **REASSURANCE SEEKING**

Example: I can't do this, I  
can't go to school today

## **SAFETY BEHAVIOUR**

Example:  
Staying quiet in social  
situations - If I talk, I might  
say something stupid and I  
would feel silly

Zoom in (Ctrl+Plus)

# OPEN QUESTIONS TO ASK CHILDREN WHEN THEY ARE WORRIED

Why are you feeling worried?

What is frightening you?

What do you think will happen?

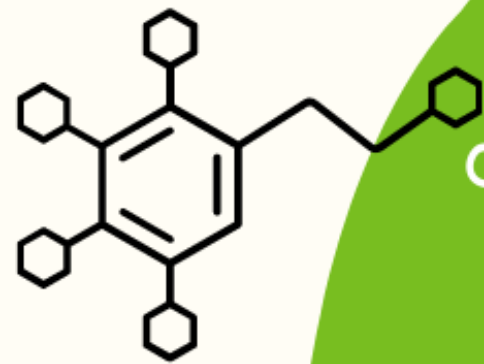
What is the worst thing that might happen?

What it is about [the situation] that is making you worried?

**The better the question, the better the answer.**

@DORSETMHST

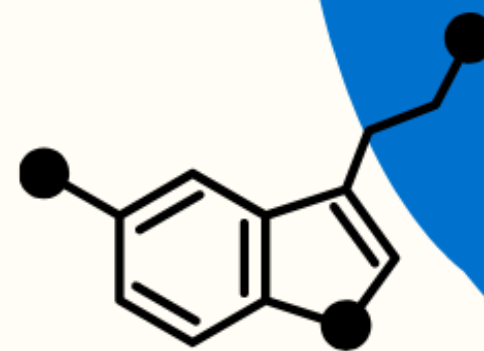
# GET YOUR DAILY DOSE OF HAPPY CHEMICALS



## DOPAMINE

THE REWARD CHEMICAL

Create Something  
Achieve a Goal  
Complete a Task  
Self Care Activities



## SEROTONIN

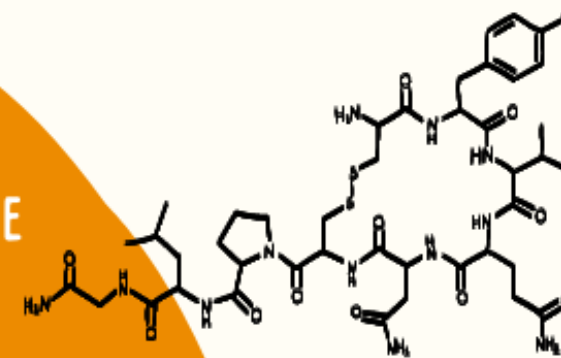
THE MOOD STABILISER

Sunlight  
Mindfulness  
Be With Nature  
Meditation

## OXYTOCIN

THE LOVE HORMONE

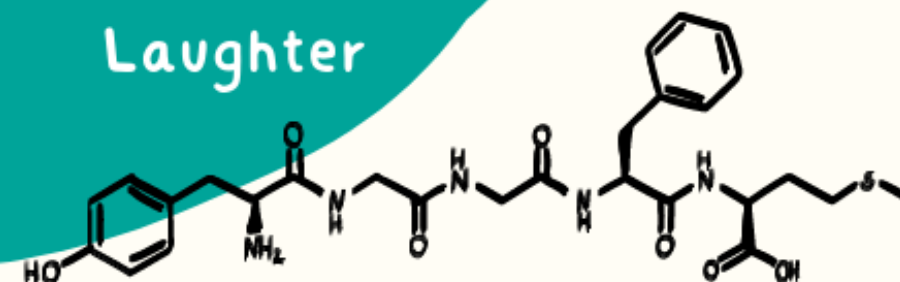
Socialise  
Hug Your Family  
Pet An Animal  
Help Others



## ENDORPHIN

THE PAIN KILLER

Exercise  
Listen to Music  
Watch a Movie  
Laughter





Sleep




Exercise



Eating healthy



Mindfulness



Doing things  
you enjoy



Take time  
to relax



# SLEEP

Young people who get adequate sleep are more likely to –

- Be mentally alert
- Meet their full potential
- Concentrate at school
- Feel calmer
- Have a stronger immune system
- Release hormones appropriately at night to support their growth and weight
- And much more

# How can I support my teen?

- Be the person they want to come to when they are unsure what to do
- Be aware of your own stress levels
- Listen without judging or giving advise
- Expect rejection
- Monitor if stress is affecting your teens behaviour, thoughts or feelings

# COPING WITH EXAM STRESS

TOP TIPS FROM YOUNG PEOPLE

Don't say 'shouldn't you be revising?' instead ask 'Is there anything I can do to help?'

Give support but also give me space

Sometimes my bedroom isn't the best place to revise - I liked going to coffee shops

"Help me to keep a healthy diet! Lots of snacks please."

"Don't assume it is the same as when you were at school, it's different now."

# Useful information

## Our website -

[www.camhsdorset.org/about-camhs/mental-health-support-teams-mhst](http://www.camhsdorset.org/about-camhs/mental-health-support-teams-mhst)

## Helpful links, Apps and Telephone number -

[www.place2be.org.uk](http://www.place2be.org.uk)

[www.youngminds.co.uk](http://www.youngminds.co.uk)

[www.dorsetmindyourhead.org](http://www.dorsetmindyourhead.org)

[www.camhsdorset.org](http://www.camhsdorset.org)

Think Ninja app

Sanvello app

Clear Fear app

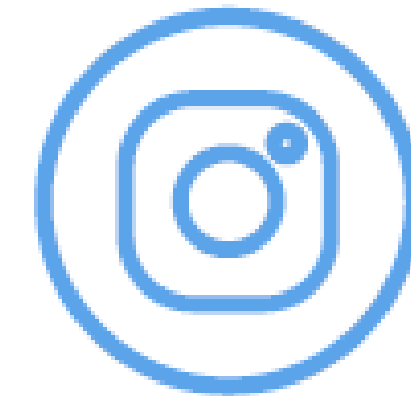
Mindshift app

Connections; A 24/7 helpline 03001235440

for any mental health issues

[www.childline.org.uk](http://www.childline.org.uk) or call 0800 1111

# PLEASE FOLLOW US ON SOCIAL MEDIA



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# Thank you for listening



### BRAIN BOOSTERS

Remember, there's a definite end point, plan a treat for then! 🍰🍕

Break it up- you can only concentrate for 30-45 mins at a time. ⌚

Drink lots of water- it helps concentration! 💧

Take time to relax, have a bath, watch tv, get creative. 🛁📺🎨

Make time for friends and family 👨‍👩‍👧‍👦

Break subjects into chunks. It's not realistic to learn it all at once.

Make a plan. That will stop the dilemma each day of where to start. 📅 **EXAM**

Chat to someone at home about what you can achieve, unrealistic expectations can add pressure.

Keep active, exercise will help you to de-stress and fresh air will wake you up. 🏃‍♂️🌳

If you feel overwhelmed, remember you're not alone - ask for help. 😞💬

### FURTHER HELP AND INFORMATION

**Student minds** Tips on how to deal with exam stress for older college students  
<https://www.studentminds.org.uk/exam-stress.html>


**Childline** Tips to deal with the pressures and stress of exams  
<https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/>

**Young Minds** Tips to deal with the pressures and stress of exams  
<https://youngminds.org.uk/find-help/feelings-and-symptoms/exam-stress/>

**Radio1**  
<https://www.youtube.com/watch?v=7AgswlakjRw&feature=youtu.be>

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