



# KINGSBURY HIGH SCHOOL

## Mental Health Bulletin

Hello there Kingsburians!

This week's Well-Being Bulletin challenge is stress management

Most people think of it as a double edged sword. It does good and bad to us. Fundamentally stress is our natural reaction to being under pressure. Most of the time it does us good by keeping us on our toes. It motivates us to do our best. A lot of athletes have openly talked about how they perform their best during competitive racing where they are under stress. According to them their stress forces them to overcome their obstacles and keeps them going.

Unfortunately too much stress can be very dangerous for us; when we are stressed our brains release a hormone: cortisol which is toxic, this makes our minds clouded, in turn clouding our judgement. This leads to wrong choices being made, leading to regret. Choices made under stress can be rushed and lead to poor decisions.

Too much stress can lead to self doubt which then starts to breed depression. This, over time will affect both your mental wellbeing as well as physical wellbeing.

Some professionals have talked about how you should befriend stress and control it in order to achieve your goals. They talk about how most of the time a bit of stress can help to keep you going. However, it is very important for us to realise that stress accumulates: it builds on itself. More stress will lead to more stress to a point where the individual feels overwhelmed.

It is crucial that we acknowledge the fact that we are all somewhat stressed: due to this pandemic; more than two months worth of academic school year has been lost; and we have our GCSEs next year. These are the most important exams we have done so far, so it is reasonable to be a little stressed. Therefore we should try and reflect on our stress levels and take advantage of it to achieve our best. However we should also make sure that it doesn't overwhelm us.

Managing Stress when it gets too much, top tips:

1. Stress can be caused by being overwhelmed with too many things. I advise that all of you try your best to study over the summer holiday. That way, you don't have to cram all that knowledge into your brains in 2 days- before school. This would mean we would be nearly 'stressless' when we return to school.

2. Take control of the situation. Develop a plan that you can manage and will reduce stress levels/manage a similar situation better. What will you do? By When? Who can help?

3. Take deep breaths, this has been shown to manage heart rate which in turn manages feelings of stress.

4. Mindful activities- mindfulness, singing, knitting- activities that allow you focus on something that is not your stress and lowers heart rate and produces our wellness hormones in our bodies.

5. Exercise, this has been shown to lower levels of stress.

6. Avoid making decisions when overly stressed, reduce your stress levels before deciding what to do.

The Well-Being Team.