

"STRESS AND ANXIETY"

There will be times in all students' school careers where they experience stress and anxiety. It is essential for parents and teachers to be *tuned in* to their students to recognise early warning signals so that they can provide the required support.

These tense feelings may originate from a number of situations such as:-

- Heavy study and learning workload
- Overly high expectations of themselves and from others
- Striving to be too perfect and obsessed with detail
- Lack of organisation and not coping
- Peer group problems and pressure

It is perfectly natural for these to occur; they are part of adolescence. The key is how to control these feelings before they have too much of an adverse effect on students' self esteem and progress.

In the Junior, Middle and Senior planners are focuses which address stress and anxiety and how to manage them:-

Junior	Feeling Tense	pg. 66
	Controlling those Tense Feelings	pg. 68
	Falling behind	pg. 90
Middle	Stress Reduction	pg. 70
	Anger Control	pg. 72
	Help!	Pg. 94
Senior	Anger Control	pg. 76
	Stress Warning Signals	pg. 72
	Stress Control	pg. 74

A proactive approach is for students to identify and list their main sources of stress/ anxiety and their individual warning signals. Then when they first start to see these signals they should be encouraged to seek support from their Team and use the strategies in the above focuses to control them. Anxiety caused by tests and exams is discussed in several focuses.

Should you have any queries or concerns regarding your son/daughter's progress please do not hesitate to contact his/her Year Level Co-ordinator/Advisor.

"One may have good eyes yet see nothing." Anon