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## How do I know I am stressed or anxious?

Examples of stress are as follows:

Physically: You might have difficulty sleeping, getting breathless, heart racing, dry throat, out break of spots, increased skin issues (eczema), indigestion, weights changes, tension and headaches.

Emotionally: Unable to cope, angry, frustrated, nervous and tearful. You may have difficulty keeping your emotions in check and feel overwhelmed.

## How can you help yourself?

Is normal to have periods in your life when you are more anxious or stressed than others. As we grow, we learn to cope better with a variety of situations and develop a 'toolkit' of strategies to help us and so they become less of an issue.

Tips for better **Mental Health**

- Learn to relax - breathing slowly
- Find time to do something that you really enjoy (hobby, arts, sport)
- Have exercise and a healthy diet (drink water)
- Have a balance of quality social time/work
- Keep a diary
- Try something new
- Seek advice/help with emotional issues
- Try something creative to express your feelings

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- Sleep - the brain is great at re-wiring to cope and processing issues, but you need to sleep!
  - Have a good support network of people, nurture these close relationships.
  - Laugh - it does wonder for the mind and soul!
  - Cry - sometimes you need to release.
  - Be prepared and organised, there is nothing more worrying than the element of the unknown. Especially in exam season.

## How can you support your friends?

Respect their feelings and knowledge that they are having a bad time, but that this time will pass.

Show you care by giving them some time to talk and listen (listening can be quite underestimated)

Don't avoid them.

Offer some ideas on what you could do together to have some fun or to relax.

Support them in seeking some help if they need it.

Encourage them to be more assertive making 'I' statements about thoughts and feelings.

Tell them it is ok to make mistakes - it's how we learn!

Encourage them to value themselves for who they are and what they do.

Tell them what is great about them!

\* **101 ways (on Penryn College Twitter)**



# Talk @ Penryn College

This leaflet is designed to help you find support or signpost you to places that might be helpful if you need it.



[talk@penryn-college.cornwall.sch.uk](mailto:talk@penryn-college.cornwall.sch.uk)  
[kooth.com](http://kooth.com)  
[www.outlooksw.co.uk](http://www.outlooksw.co.uk)  
[www.beme@cornwall.nhs.uk](mailto:www.beme@cornwall.nhs.uk)  
[www.samaritans.org](http://www.samaritans.org)  
[www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)  
[www.youngminds.org.uk](http://www.youngminds.org.uk)  
[www.bullyonline.org](http://www.bullyonline.org)

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## Feeling upset/anxious/ stressed?

Sometimes you may encounter periods of time whilst you are at Penryn College when you feel more anxious, stressed or upset than at other times. This can be down to many factors both inside and outside of school. Friendship issues, family issues, exams, pressure, bullying, bereavement and other emotional difficulties may all contribute to your change of mood or leave you unable to cope. This feeling won't last....nothing lasts forever. Whatever the issue may be it is important to talk to someone so that you can process the problem. Otherwise it may become a much bigger problem.

## Who can I talk to?

There are many people you can talk to if you are feeling anxious or upset about anything:

Your parents/guardians/carers, friends, tutor, teachers, or any other relatives who you trust. You can also talk to other students in the support team (in the Modern Languages Practise Room every break), there is a drop in with a Youth worker every Tuesday lunch in the Library, and there is a Skills Centre team of staff, with someone located to each house and year 7. Mrs Cooke has a drop in every lunchtime in either DT7 or H5.

There is also a raft of websites you can visit for guidance and support (see front cover)

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## Symptoms:

Repeated. Unwanted. Controlling. Intentional

### Have you....

- Had feelings of despair?
- Been frightened of walking to or from school?
- Been unwilling to go to school?
- Become withdrawn?
- Become distressed or stopped eating?
- Cried yourself to sleep?
- Had bruises or injuries?
- Had something stolen or taken from you?
- Tried to avoid specific lessons?
- Tried to find a place to be in school at break and lunch away from people?
- Had nightmares?
- Self Harmed?

**These are all symptoms of sustained bullying or issues that are beyond your control.**

### REMEMBER:

If you are in a group and think something is funny at the expense of someone else, and they are not laughing - It's not funny.

Remember all bullies have un-met emotional needs and they 'feed' off your sadness/reactions.

Ignore any insults - you need to remember not to 'feed' the bullies needs.

Try to keep your emotional response in check.

Tell someone

You are better than the bully

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## Types of Bullying:

**Verbal bullying** is saying or writing mean things.

Verbal bullying includes:

- Teasing
- Name-calling
- Inappropriate sexual comments
- Taunting
- Threatening to cause harm

**Social bullying**, sometimes referred to as relational bullying, involves hurting someone's reputation or relationships.

Social bullying includes:

- Leaving someone out on purpose
- Telling other children not to be friends with someone
- Spreading rumours about someone
- Embarrassing someone in public

**Physical bullying** involves hurting a person's body or possessions. Physical bullying includes:

- Hitting/kicking/pinching
- Spitting
- Tripping/pushing
- Taking or breaking someone's things
- Making mean or rude hand gestures

## Penryn College Behaviour Policy:

"We want all our students to understand and appreciate similarities and differences between themselves and others, and among families, faiths, communities, cultures and traditions. We strive to create an ethos of inclusivity where everyone feels accepted.

We therefore do not accept behaviour that demonstrates a lack of mutual respect or tolerance, whether this is in school, in the community, or on-line. When such behaviours are reported and investigated they will be dealt with via restorative means in addition to the normal behaviour policy sanctions to work towards educating an alternative viewpoint or response."