

# The importance of resilience

# World Mental Health Day



- Poor mental health is increasingly becoming a global concern.
- Mental health problems exist in our own personal lives, families, workplaces and communities.
- They impact everyone.
- Within the Sixth Form, we are concerned for the mental health of all of our students.

# What can cause poor mental health whilst you are studying at Sixth Form?

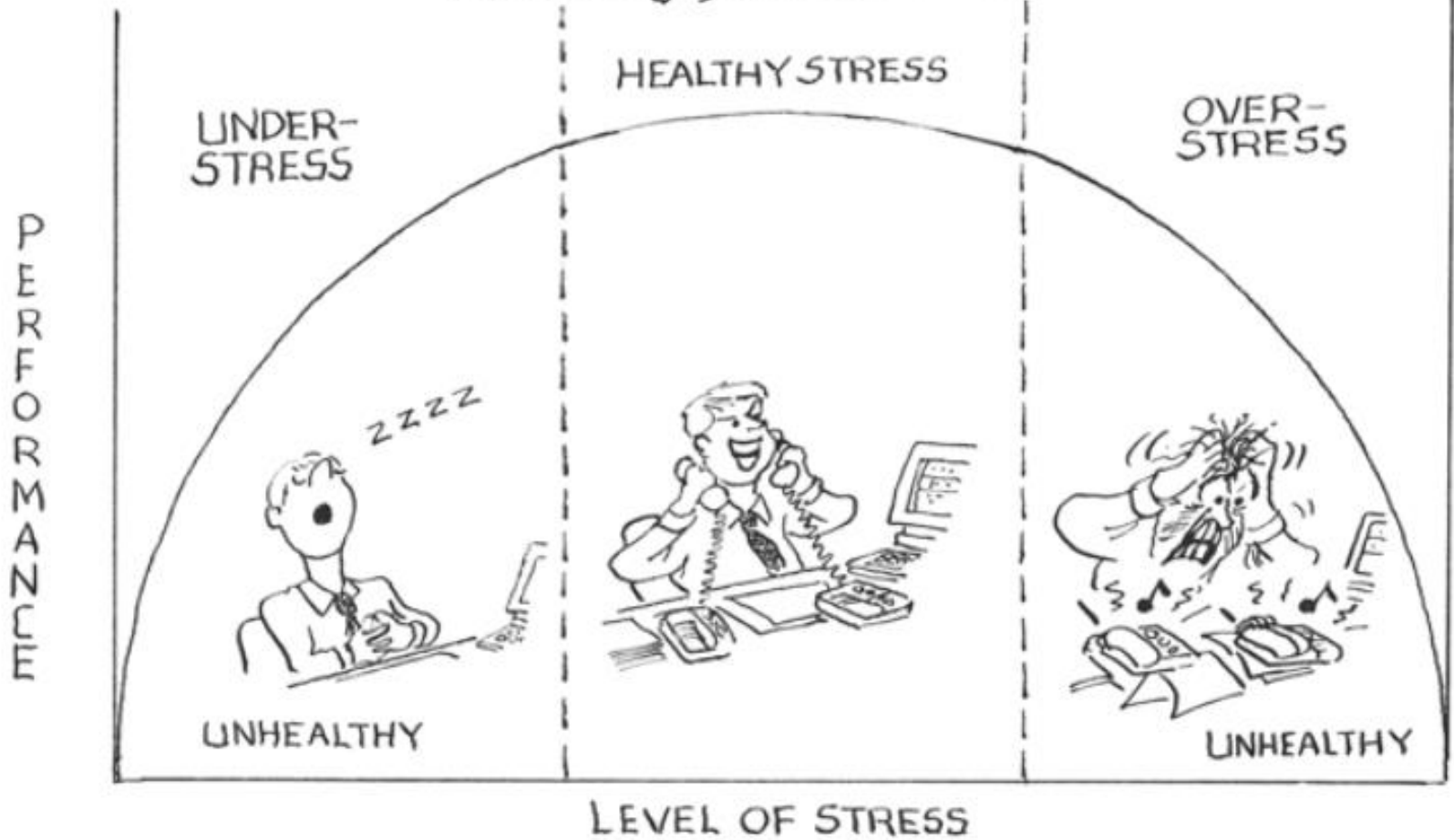


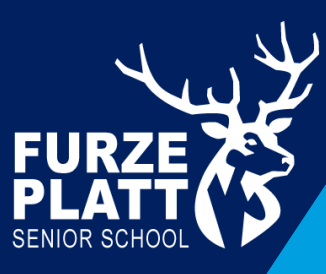
- Transition to Sixth Form – the “step up”.
- Study – increased demands, complexity.
- Focus on independence.
- Exams focus – more regular assessment as well as PPEs and summer exams.
- Increasing focus on your future and expectations surrounding this.

# Discuss:

- How can stress be useful?
- How can stress be negative?
- How can you manage your own stress and anxiety around your study?

### Monitoring your stress Levels





# Stress, communications & support

# Discuss – what advice was useful in the video? Why?

## MENTAL HEALTH 1: STRESS, COMMUNICATION & SUPPORT

It is normal to both have *high and low points* throughout sixth form

*Recognise in yourself* when you feel too much anxiety

*Avoid* putting *extra pressure* on yourself to perform well: it might be counter-productive

*A little anxiety* is normal and can help motivate you

*Too much anxiety* can get in the way of performance

Feeling *overwhelmed* is common: work on a routine and getting organised

Getting back on top of your work can take a while: *be realistic*

Aim to make *small steps each day*, not huge leaps



Slide 1 of 2  
Pause For Discussion

# Discuss – what advice was useful in the video? Why?

## MENTAL HEALTH 1: STRESS, COMMUNICATION & SUPPORT

Your feelings will either help drive you to work harder or will get in the way: so *acknowledge them*

*Maintain perspective*: in the end, it's just a grade

*Talk to your peers* about how you feel: good friends will care and help you

Talking to others will help you realise that lots of people *feel the same way* as you do

Consider seeking support from *teachers* and family: schools are used to helping students

Asking for help can be hard but think of the *long-term benefit* if it helps you to feel better



Slide 2 of 2  
Pause For Discussion

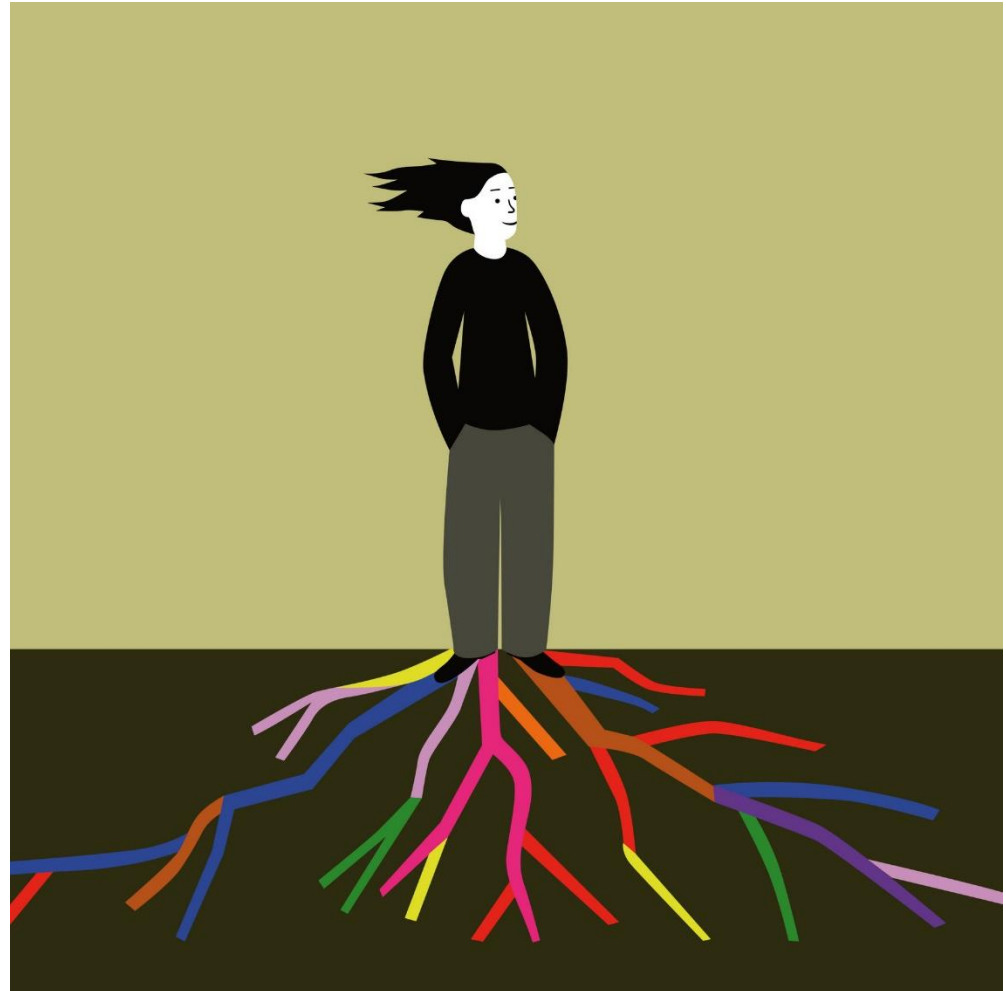


# Stress and resilience:

- It is important to recognise that stress is a natural part of life (not just study).
- Our response and reaction to this is crucial to our mental health.
- Resilience = our ability to recover quickly from difficulties and our “toughness”.

# Discuss – how can we be resilient in our studies?

- What strategies or techniques can we use to help us recover quickly?
- What can you do to build emotional strength in difficult situations?



# Building resilience – some suggestions:

- Accept failure as a stepping stone to success – listen and learn from failure.
- Actively seek advice – and follow up on it.
- Step out of your comfort zone to challenge yourself.
- Identify situations which are preventing you from being effective and correct them.

