



Vs SCHOOL STRESS

Digital Campaigns Pack

Creating an online movement to combat school stress



**YOUNG VS
MINDS**
#GettingThroughIt

YoungMinds

YoungMinds is the leading mental health charity for children and young people. We provide a range of resources for young people, parents and professionals and campaign to ensure children and young people get the help and support they need. We believe that you do better and go further in every way with good mental health - whether it's being happier at home, learning more, enjoying friendships or taking on new challenges.

YoungMinds campaigns with you on a whole host of issues that impact on your mental health. You're at the heart of our work and lots of young people are already getting involved. Our activists are passionate about sharing their experiences, campaigning to ensure that help is there for all young people when they need it and that their voices aren't ignored by those in power.

YoungMinds Vs

YoungMinds Vs launched a year ago and is gaining momentum every day... so far we have spoken to over 5,600 young people to find out what the main problems facing young people like you, how those problems affect you and what needs to be done about them.

The Top 5 issues are:



[Vs School Stress](#) (tackling pressures from schools)



[Vs No Work](#) – (tackling unemployment)



[Vs Sexed Up](#) (tackling sexual pressure)



[Vs No Help](#) (tackling lack of access to counselling services)



[Vs Bullying](#) (tackling bullying)

Vs School Stress

This digital pack focusses on the [YoungMindsVs School Stress campaign](#). Many schools are not doing enough to prepare students for life during and after school ends.

“As young people, we feel that schools are like exam factories and this can leave us feeling stressed, pressured and down about ourselves.” – [Vs Digital Leads group](#).

For some of you, dealing with school stress becomes even harder because of family troubles, bullying or having learning difficulties. School stress combined with other problems can lead to low self-esteem, anxiety, depression, eating disorders and self-harm.

Schools should help you to deal with the stresses of growing up and not just focus on passing exams. This means the whole school needs to be involved in supporting your wellbeing from the headteacher to the dinner ladies. Everyone has a role to play in helping young people deal with stress at school and in their home lives.

YoungMindsVs want to fight school stress with you, so that you and your friends find it easier to deal with school and exam pressures.

Digital Campaigns Pack

This digital campaigns pack can be used to help you to talk to your friends on social media about how they can reduce stress during the revision and exam period. We will keep updating this pack every few weeks, so that you have fresh new content that you can promote on your social media. We hope you will join us and become a YoungMindsVs digital campaigner.

The pack covers three sections of our campaign:

1. *Revision*
2. *Mindfulness*
3. *Stories*

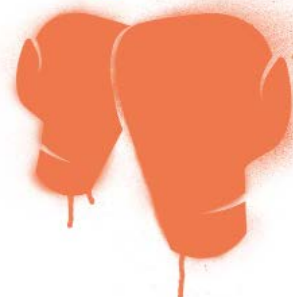
Don't forget to access the [YoungMinds Vs Activist Dropbox](#) to download all the content you need to become an online campaigner. Get involved and help us build an online movement #GettingThroughIt

Revision Tips

Share these graphics with your friends; they are helpful tips to help combat stress during revision. Post them on Facebook, Twitter or Instagram and make sure you tag YoungMindsVs. Click on any of the images, it will take you to the [YoungMinds Vs Activist Dropbox](#), where you can download all of them.

Vs SCHOOL STRESS

Tips to fight revision stress



**Don't aim for perfection,
just do the best you can.**

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Tips to fight revision stress



**Get out of the house. Go for a walk or meet a
friend so that you don't feel trapped in a
cycle of revision.**

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Tips to fight revision stress



**Take regular breaks
to do activities you enjoy.**

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Tips to fight revision stress



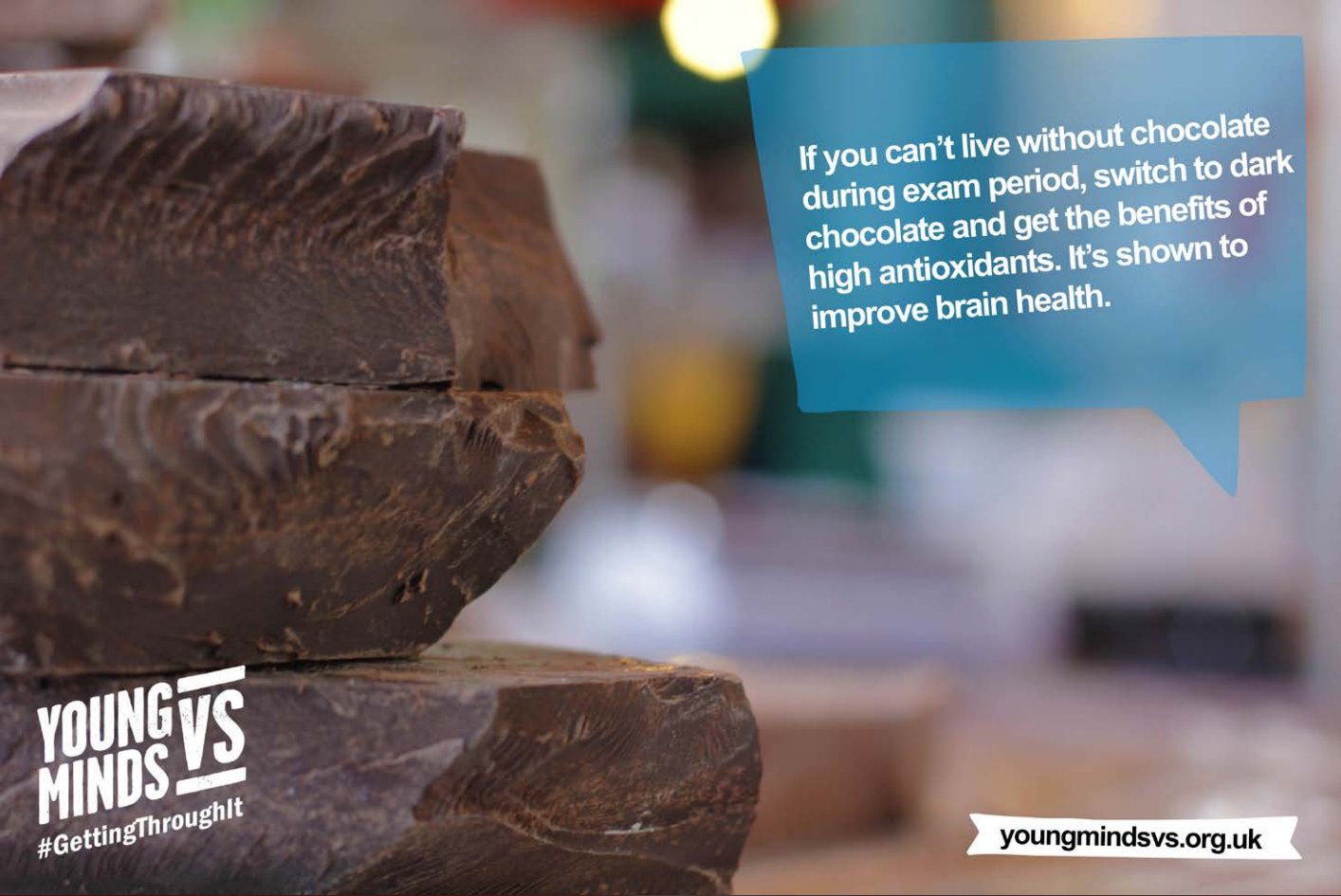
**Go for a run, it will help
clear your mind.**

#gettingthroughit

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Brain Food


We have put together a series of graphics to help you eat well and feel good, which could have a positive impact on your emotional wellbeing. Have a look at the folders, download them and share with your friends. Click on the images, it will take you to the [YoungMinds Vs Activist Dropbox](https://www.youngmindsvs.org.uk)



If you can't live without chocolate during exam period, switch to dark chocolate and get the benefits of high antioxidants. It's shown to improve brain health.

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[youngmindsvs.org.uk](https://www.youngmindsvs.org.uk)



The undisputed energy champion of the fruit family, bananas are full of fibre and natural sugars.

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Revision Playlist

With our [YoungMindsVs Digital Leaders](#) we have compiled [five playlists](#) for you to listen to and relax in between your revision periods or even whilst you are revising.



Mindfulness

YoungMinds Vs activist Sai writes about what mindfulness means to her...

Mindfulness is about knowing yourself, not just knowing what foods you like, and what your favourite colour is.

It's about knowing the inner you; it's about having control over the inner you, and using that control in a positive way. Mindfulness is about paying full attention to the here and now and exactly how it is. It's about connecting and being in sync with yourself and everything around you.

"It's important to feel negative emotions because you need to feel negative to know positive."

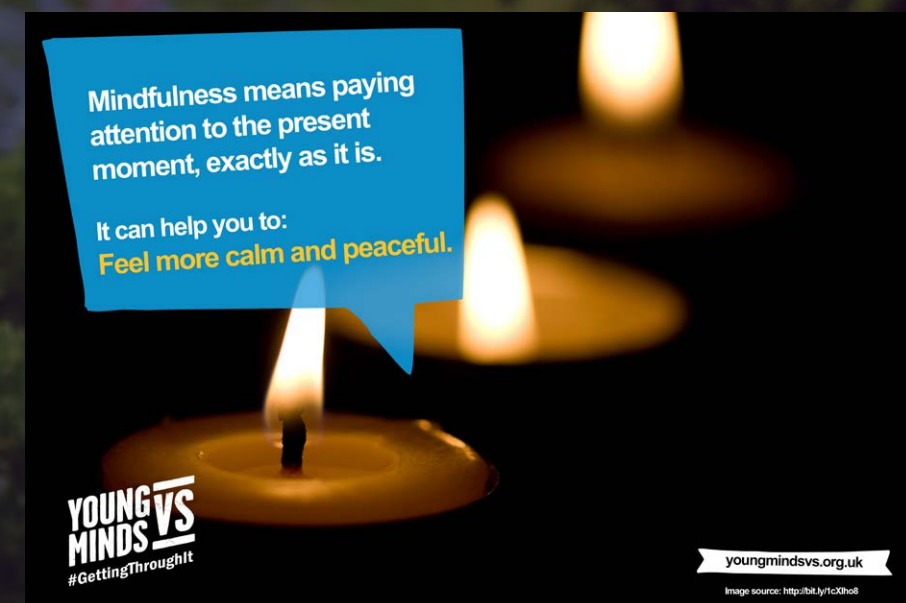
It's not about always being happy; it's important to feel negative emotions because you need to feel negative to know positive, but it's about dealing with the negative. Yes you're having a bad day but you're not gonna sit there all day and cry in bed, you're gonna get up and carry on with your day because that's the best thing for you.

It's about understanding yourself and accepting your flaws but wanting to make them better. Mindfulness is about being yourself all the time.

Read Sai's blog in full on the [YoungMinds website](https://www.youngminds.org.uk). Follow the conversation on Facebook, Instagram and Twitter to keep up with stories from our YoungMinds Vs activists #GettingThroughIt

Share it

Share these graphics on social media and help us to create an online movement. You can download these and lots more in the [YoungMinds Vs Activist Dropbox](https://www.youngminds.org.uk)



Activist Stories

Over the past year and a half we've been working with lots of inspiring young campaigners, helping them to raise awareness and become advocates on mental health issues. These activists have helped us make sure that the voice of young people stays central to our work, they've attended events with politicians, shared their ideas, and they've campaigned locally on the issues important to them.

Storytelling is a great way to raise awareness of issues, especially on social media. Here's a selection of our YoungMinds Vs activists' stories on school stress and how they managed to overcome the pressure.

Quotes from our activists are available to download from the - you guessed it - [YoungMinds Vs Activist Dropbox](#), or by clicking on the graphic below.



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I think that I speak for everyone in saying that the main time teenagers like myself experience stress is during our exams. A lot of people drum it into our heads

that if we don't get good results in our GCSEs then we won't be able to get anywhere in life, which is a complete and utter lie.

Back when I was taking my GCSEs I didn't really know about emotional wellbeing, but after all of the panic attacks I really did learn. I had a few panic attacks during exams and missed some exams. Missing exams wasn't ideal, but it wasn't an ideal situation and I think that if my school was less academic and exam focussed it would have been a lot better for my emotional wellbeing.

School isn't the end of the world and you can do so much more even if you don't pass your exams. Education is everything, but education doesn't stop at school; you can be educated on an apprenticeship and continue learning. I'm not an exams person, I'm a practical person, and there are lots of people like me who can't stand exams but will go far with their practical skills.

Joel is a YoungMinds Vs activist



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At times during university stress seemed like a routine part of the experience, but perhaps that's because I was still learning how to manage it best. The most stressful

time was writing my dissertation. I put a lot of pressure on myself to do justice to the people and the stories I was writing.

It affected my emotional wellbeing because even though I was doing all these things I was passionate about and chose to do, I didn't allow myself to breathe. I needed to gather myself and my thoughts and make time for myself to feel calm amongst all the hype.

To overcome the stress, I made sure to stay connected to my passions and use each stressful situation as a learning experience. I think having time to yourself and being able to just stop, slow down, gather and reflect is important in learning how to effectively deal with stressful, overwhelming situations and maintaining your sense of self.

Roshni is a YoungMinds Vs activist



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Sixth form was a big jump for me. We didn't have much support and the work was much more independent. I wasn't sure if I had chosen the right subjects for A

Levels and the careers advisor wasn't much help. I wasn't sure where I fitted in and I didn't think that I could cope with the pressure.

I became more depressed and anxious and felt like I wasn't getting any support. I was falling really behind and worked myself into a really deep hole. No matter how much I did or how hard I tried it was never good enough for me, my teachers or my parents, so I felt down in the dumps and upset.

Getting involved in campaigning and activism helped me to breathe. It allowed me to meet new people and make new friends and changed my perception in life. There are so many young people that go through this stress on a daily basis so you're not alone. It's important to look beyond exam grades, take some time out, and do something positive that you enjoy.

Tamanna is a YoungMinds Vs activist

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your posts and tag [@YoungMindsVs](#)