

8 Good Habits For Teachers

To Assist Their Students With Their Mental Wellbeing

Anxiety

In Children and Adolescents

1

Know your pupils - gather information about their background, home life, and community.

2

Teach the language of emotions from as early as possible – the physical reactions to anxiety, how do I feel?

3

Share Signposting around the school to help them know where to find help.

4

Don't be frightened to ask the questions!
How are you feeling?
Are you feeling worried?"

5

Ensure your own mental health is in the right place so that you can help others who may be vulnerable.

6

Know the language of stress - what do they do when stressed? What do they do when they are struggling to learn and concentrate?

7

Explicitly teach calming strategies such as controlled breathing, and distraction strategies by using their senses to identify which activities work best for them.

8

Read books and stories to them about experiences of anxiety, anger, and grief so that they understand that others experience it too.

