

The Anxious Pupil

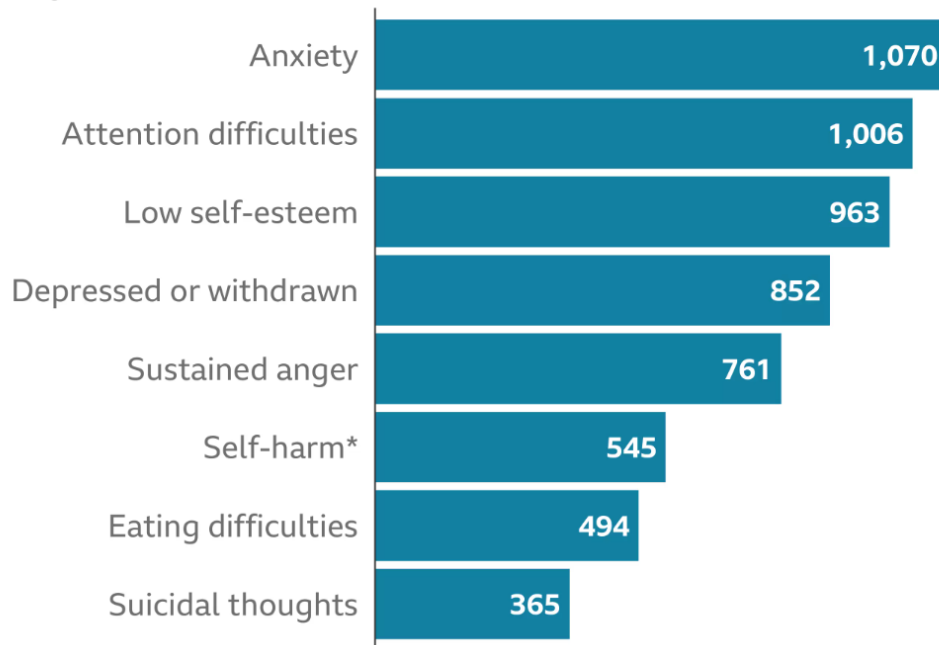
Call for papers for the Mental Health Insights Publication: What are schools doing to help children & teenagers to cope with Anxiety?

In recent studies, schools and parents are reporting an increase in children and young people presenting with extreme levels of anxiety

[When school staff were surveyed in 2022 for a BBC report, Anxiety was the top mental health challenge](#)

Almost all staff surveyed saw increases in mental health problems among pupils

Number of staff who said they had seen a substantial or slight increase since the start of the autumn term



Some studies are also finding that girls are more likely to experience anxiety in schools than boys.

There are many potential reasons why anxiety levels might be increasing in schools.

One possibility is the pressure from schools and parents to succeed and get great academic results. To 'catch up' after the pandemic.

Additionally, it is widely reported social media can also contribute to feelings of anxiety in students. With students' social life moving largely online and constantly comparing themselves to others. Another concern is the idea of never switching off or having a break from the 'friends' peer pressure and online bullying

Other reasons which have been talked about being linked to Anxiety are Body Image; Gender Identity ; Global Pandemic; Behaviour in schools and costs of living.

I am interested to hear what interventions, linked to Anxiety, are happening in your school.

We know If a child is feeling anxious, we should not ignore their feelings or dismiss their concerns. As Educational professionals we also know we should try to comfort and reassure them, and help them to find ways to cope with their anxiety.

Different schools will have different strategies in place to support young people with Anxiety . Some common strategies that schools may use include:

providing reasonable adjustments to help students with Anxiety succeed in the classroom & providing support and resources to teachers, parents and caregivers

But what does this look like in practice?

create a safe and supportive environment for students.

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This can include providing counseling services for students who need them.

But how are schools facilitating and financing this support?

Schools can also help students learn how to cope with anxiety?

But when and what and how are they teaching this?

There are many reasons why it is important for schools to take anxiety and mental health seriously. One reason is that anxiety and mental health issues can impact a student's ability to learn and perform in school and can lead to school avoidance. Additionally, anxiety and mental health issues can often lead to other problems further down the line, such as substance abuse, self-harm, and suicide.

It is important for schools to be aware of these issues and provide support to students who are struggling.

There is so much great advice and resources on the web to support children and young people and carers for example these videos here from the [BBC parents toolkit](#)

NOISY KIDS ON A BUS
How to tackle anxiety: The School Bus
Anxious thoughts can be just like noisy children on a school bus. Dr Anna explains how you or your child might block them out.

JUST SAY STOP!
How to tackle anxiety: Just say stop!
Dr Anna explains how you or your child can recognise anxious thoughts, then stop them in their tracks.

CHALLENGE YOUR THOUGHTS
How to tackle anxiety: Challenge your thoughts
Dr Anna explains how you or your child can answer back to anxious thoughts when they appear.

BREATHING TECHNIQUES
How to tackle anxiety: Breathing techniques

STAND UP TO THE BULLY
How to tackle anxiety: Stand up to the bully

There is also [this resource with comprehensive advice from Young Minds](#)

How you can support a young person who has an anxiety disorder

- Communicate directly with the young person
- Triggers
- Adjustments
- Talk about hope
- Celebrate the small steps

For the Summer edition of the Mental Health in Schools Insights publication, the Carnegie School of Mental health is calling for papers which capture case studies about what schools have been putting in place to support Students suffering from Anxiety .

How would we like the Case studies to be presented?

Regarding the written format for these case studies - we want no more than 600 words. They should be submitted as word documents, Arial 11 font and if possible, using the simple guide layout detailed below . The layout is to ensure that all key areas are addressed, and it is easy for our community to read and possibly pick up and try out in their own school. However, if you find this format restrictive - please just submit it as a simple word document.

Case study name
Name of person leading and their role in the school
Type of school (primary/sec/boarding)
Key stage focused on (2/3/4)
Theme of the intervention - be specific about the type of Anxiety you were focusing on : E.g supporting Exam stress associated anxiety
Area of need identified in the school - what did your student/staff/parent survey or other data say ?
Desired outcomes: short term long term Numbers involved in the intervention: 121/group/class/whole yea

Time Duration: one off/2-6 week/whole year

Intervention put into place

- location (in class/out of class/off site)
- time (in school/after school/)
- Exercises and resources used
- brief account of what you set up and how it worked

Impact seen:

Email your case studies to n.c.erasmus@leedsbeckett.ac.uk or download the Mental Health in Schools Insights Guidance.

Deadline for submissions: 30 April 2023