

International Stress Awareness Week

International Stress Awareness Week 2022 takes place this year from 7th - 11 November, and for schools across the UK, it marks an opportunity to focus on the importance of good mental health and wellbeing.

Research from the latest [NASUWT teacher wellbeing survey](#) confirmed that teachers and headteachers are experiencing increased mental health issues as each year passes and the impacts are becoming noticeably more challenging, with 87% reporting feelings of increased anxiety.

The theme for this year's International Stress Awareness Week is **Resilience: the power to succeed**, so, we're sharing this toolkit of targeted resources to help schools highlight the theme of stress awareness and empower teachers to build a whole school approach around stress management and resilience.

We hope you enjoy our toolkit. Please feel free to forward this on and share with anybody who would benefit!

The OLT Team



1 in 10

children diagnosed with mental health issue / condition



1 in 6

children aged 5-16 likely to have a mental health problem



50%

of mental health problems are established by age 14



5%

increase of annual rate of self-harm incidents per 100 children and young people in the UK

Recommended resources

New webinar! Identifying and supporting self-harm

With mental health difficulties on the rise, an increasing number of pupils are at a greater risk of negative outcomes such as depression and self-harm. In this webinar, occupational therapist Lisa Watson shares examples of what self-harm looks like as well strategies to help students replace self-injurious behaviours with more age-appropriate coping strategies.

[Register for a place](#)



On demand webinar: Pupil emotional regulation skills

Tania Pyburn, ASD/SLCN Specialist & Play Therapist, shows how to develop effective emotional literacy and self-regulation skills. Using a mixture of theory and practical strategies, this webinar promises to share proven holistic frameworks that help pupils thrive as well as learn how to take control of their emotional responses and sensory regulation needs.

[Watch on demand](#)



Girls and autism: the 4 o'clock explosion!

Louise Batalla-Duran's webinar shares practical, inclusive strategies for identifying and accommodating the needs of girls with autism in schools. Packed full of useful strategies to maintain your provision for pupils with special educational needs, the 4 o'clock explosion offers a unique window into the challenges a girl on the spectrum (without intellectual disability) faces every day at school.

[Watch 4 o'clock explosion byte](#)



[Read our blog](#)



Take ten to zen! Guided practices for teachers

We share 10 minute strategies for educators to connect and return to a solid, safe and anchored space when things are difficult. Just the tonic for starting or ending a stressful day! We even have a session for students too!

[Watch now](#)



Mental Health course

All children and young people need to learn in an environment that supports mental health and wellbeing. Discover the key concepts of wellbeing and mental health course and you will explore the concepts of wellbeing and mental health, and effective strategies to support learners and staff.

[Find out more](#)



Blog: SEN and the great outdoors

It's not breaking news that outdoor learning has many positive physical and mental health benefits for children. Here, Brenda Leonard talks about the benefits of animal assisted therapy sessions and outdoor learning for children with SEND.

[Read our blog](#)



Get in the social swing this November!

Show your support and follow us on social media for international stress awareness week from 7th – 11th February 2022.

[#internationalstressawarenessweek](#)

