HSC Information Evening
Reducing Stress and Anxiety
What we want to avoid in the HSC!
Major Sources of Stress & Anxiety

- Parents
  - Be supportive, not overbearing
  - Be there for them

- Teachers

- Peers
  - Competition is great, however perspective is also required

- Themselves
  - What is realistic
  - Too little too late
Keys for Students

- Diet
- Exercise is a must, this allows the mind to rest
- Sleep
- Balance in life not just study
- A good routine
- Something needs to give if you are time poor
Stress Tips

- Be aware of your reactions to stress

- Mindsets
  - Reinforce positive self talk
  - Focus on accomplishments

- Avoid non-essential competition

- Get a hobby

- Set realistic goals & Priorities

- Use time wisely

- Exercise

- Recognise and accept your limitations

- Develop assertive behaviors
Parental Tips

- Be there for them
- Parents need to help their children attain balance in their lives.
- Communicate openly and clearly your own expectations about their performance. Ensure you are not putting unrealistic expectations on your child and thus adding to their pressure.
- Diffuse the "all or nothing" view of the HSC. There are many ways to skin a cat as the saying goes.
- Negotiate a study routine with your child. Include time for exercise, sport, friends, family and relaxation.
Parental Tips

+ Show concern for your child but don’t nag them about their study.
+ Ensure they have a suitable study area.
+ Ensure they have plenty of time to study. This may mean relieving them of their family chores for a while.
+ Expect them to be a little stressed and moody about the pending exams. However be observant of any major changes.
+ Ensure your child is eating well and getting enough sleep.
+ Reward your child’s efforts at study and surprise them with outings such as (movies, restaurants) or chocolates when they are studying. Try to keep them happy – this is difficult with a teenager!
Suggested Help Areas

- **TALK TO SOMEONE !!!!!**
- Staff at School – mainly Academic Mentor, Year Coordinator, School Counselor, Director of Wellbeing, a trusted staff member
- **HSC Stress Less App**
- HSC Hub Blog
- Mindfulness Activities – relax the mind and allow it to slow down
- If you desperately need to talk to someone NOW, call Lifeline on 13 11 14 or Kids Help Line on 1800 55 1800. If life is in danger, call 000
- Need to talk to someone – Beyond Blue?
  - 1300 22 4636 (24 hours)
  - chat online (3pm - 12am)