

Healthy and unhealthy coping strategies

This time of year can be challenging for students. Levels of anxiety or stress may be higher due to exams and assessments, with students finding it hard to deal with the pressure these can bring.

Once exams are over, students can look forward to the summer holidays – but while this offers a break from exams and school or college work, it can also mean that young people no longer have the routine that school brings or access to some of their usual support systems.

Schools and college staff can help students by introducing them to healthy coping strategies, including self-care techniques and ways to manage their emotions.

In this toolkit, we're sharing resources to help young people build healthy coping strategies, as well as resources to learn more about unhealthy coping strategies and how to manage them.

Trigger warning: This toolkit contains mention of self-harm and eating disorders.

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Anna Freud
National Centre for
Children and Families



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Resources

Building healthy coping strategies

Self-care summer: plan and poster

This self-care plan can be used during the summer holidays to help young people identify activities that they can use to support their mental health.

[Go to resource](#)



Self-help techniques for feeling better - NHS Oxford

This resource shares lots of different techniques young people can try to help regulate their emotions.

[Go to resource](#)



RSHE lessons for Key Stage 4: healthy and unhealthy coping strategies - PSHE Association

These comprehensive lesson plans from the PSHE Association explore different types of healthy and unhealthy coping strategies.

[Go to resource](#)



Developing a wellness action plan: video for students – Charlie Waller Trust

This webinar for students looks at a number of different strategies for managing emotions and improving wellness.

[Go to resource](#)



Self-care: key stage 3 & 4 form time activities – Public Health England

A series of form time activities introducing a range of self-care strategies for students, including connecting with others, being physically active and learning something new.

[Go to resource](#)



Learning about unhealthy coping strategies

Concerned about a child or young person?



If you are worried that a child or young person is at risk, you should involve your designated safeguarding lead as a matter of priority, who will contact the parents/carers and other services as necessary. If the child or young person is at immediate risk, ensure that they are taken to their GP or A&E as a matter of urgency, depending on the severity of the concern.

On Edge: learning about self-harm resource pack – See Me Scotland

On Edge is a resource pack designed to give students a comprehensive understanding of self-harm and the support that is available.

[Go to resource](#)



The truth about self-harm for young people and their friends and families - Mental Health Foundation

This booklet sensitively explores why self-harm happens, how to deal with it, and how to recover from the cycle.

[Go to resource](#)



Eating disorders: guidance for staff in further education colleges – Mentally Healthy Schools

Support and guidance for staff in further education colleges on the topic of eating disorders, sharing signs to spot, conversation starters and who else to involve.

[Go to resource](#)



Self-care summer: staff toolkit and poster

Self-care summer isn't just for your students! Download our free staff toolkit and poster with lots of useful self-care suggestions for education staff.

[Go to resource](#)



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