

Equip your students with tools to support their wellbeing



Better Health every mind matters

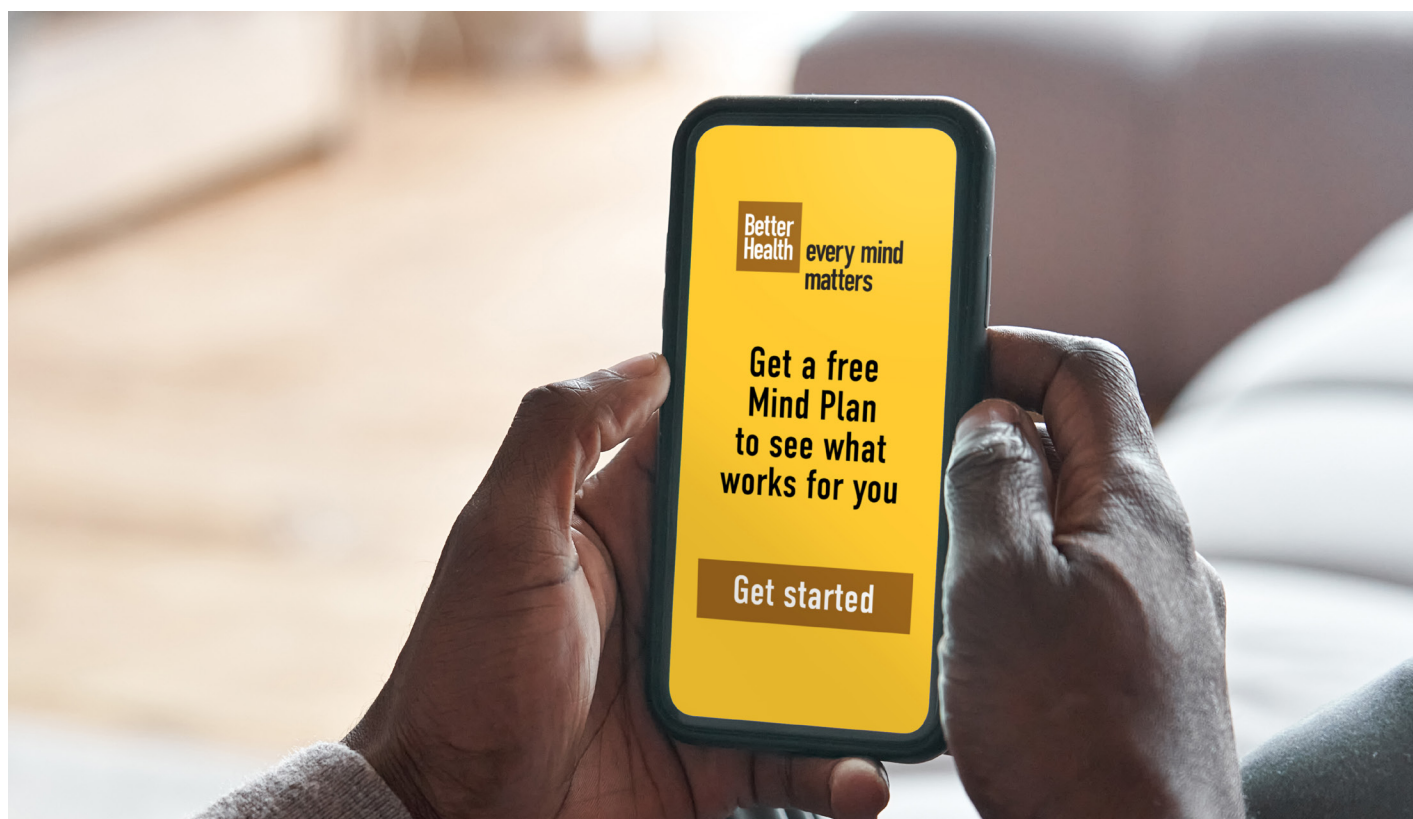
Recent research showed that almost a third of 8-15 year olds said they were feeling more stressed now than they did before the pandemic.¹

National Stress Awareness Day (3 November 2021) aims to help people recognise, manage and reduce stress. Using our suite of **Better Health wellbeing resources** is the perfect way to inspire conversations about stress, and support young people by giving them the tools they need to manage their wellbeing.

Featuring videos co-created by young people, our flexible resources include engaging, bite-sized activities ranging from self-care techniques and healthy social media behaviour, to advice on how to get a good night's sleep.

Head to the School Zone to plan a lesson around National Stress Awareness Day and be sure to sign up to keep an eye out for new wellbeing resources launching soon.

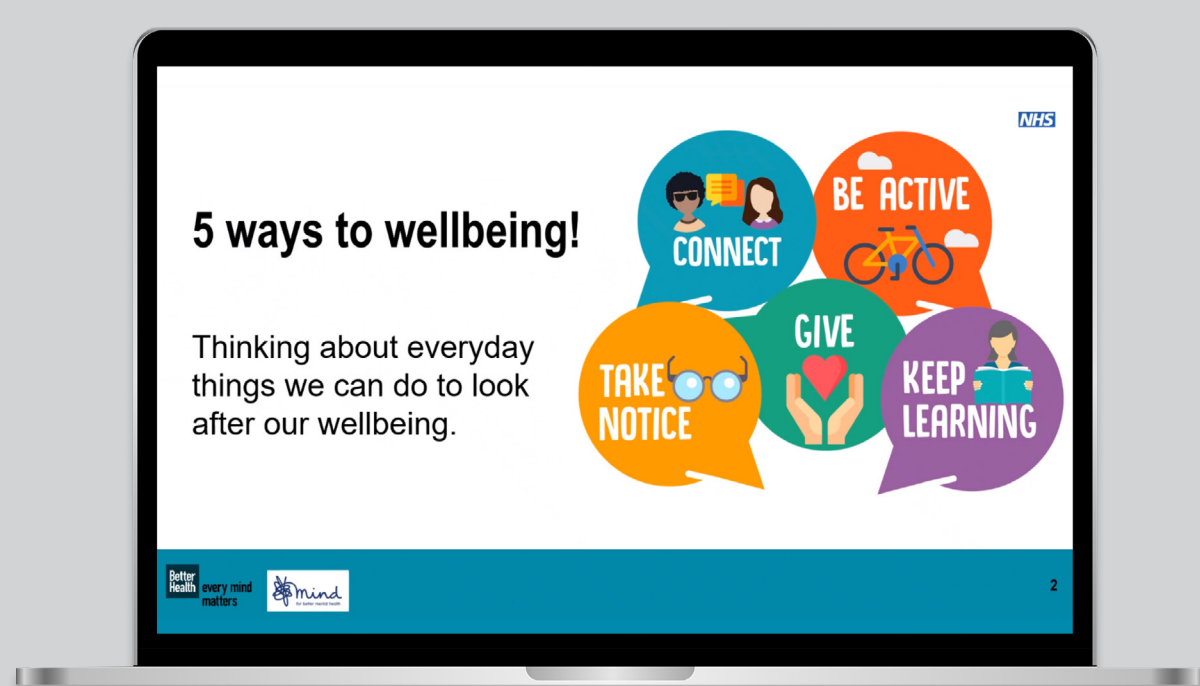
[Sign up](#)



Every Mind Matters, find what works for you

Discussing wellbeing topics with your students is vital, but it's also important to take time to care for your own wellbeing. There are little things we can all do to look after our mental health, and with the NHS approved **Every Mind Matters Mind Tool**, you can take a short quiz to find some personalised tips that work for you.

[Download Your Mind Plan](#)



Win a wellness workshop with Mind, the mental health charity

We're giving you the chance to win an online wellness workshop at your school.

The virtual session will be hosted by Mind, the mental health charity, who will help your pupils create a wellbeing plan to help them connect with others, be active and learn new skills.

To enter, simply sign up to the School Zone and tick the 'win great prizes' box. Final entries close **30 November 2021**.

[Enter now](#)

1. <https://www.barnardos.org.uk/news/barnardos-warns-lasting-impact-pandemic-children-and-young-peoples-mental-health-and-wellbeing>