

Managing Stress, Anxiety & Low Moods


Feeling stressed, anxious, or low sometimes is completely normal—especially when things feel overwhelming. If you have Special Educational Needs or Disabilities (SEND), you might face extra challenges, but there are ways to manage these feelings and feel better. Here are some tips to help you cope.

Take a Deep Breath

When you're feeling stressed or anxious, your body might feel tense, your heart might beat fast, or your thoughts might race. Deep breathing can help calm your mind and body.


Try this:

1. Breathe in slowly for **4 seconds**
2. Hold your breath for **4 seconds**
3. Breathe out slowly for **6 seconds**
4. Repeat until you feel calmer

 You can also try apps like **Headspace** or **Calm** for guided breathing exercises.

Identify What's Bothering You

If you're feeling low or anxious, try to work out what's causing it. Is it school? Friendships? A big change? Writing it down or talking to someone can help you understand and manage it.


 **Try this:** Keep a "**worry diary**" where you write down what's making you feel stressed. Then, think about **one small thing** you can do to help.

Challenge Negative Thoughts

Anxiety and low moods can make us think the worst. Challenge those thoughts and swap them for more positive ones.






- "I'll never be good at this."
- "I'm still learning, and that's okay."


- "Nobody likes me."
- "I am loved and valued, even if I don't always feel like it."

 **Try this:** Imagine what you'd say to a friend feeling the same way—and say it to yourself!

Do Something You Enjoy


When you're feeling low or anxious, doing something you love can help take your mind off worries and boost your mood.

- ✓ Listen to music 
- ✓ Draw, paint, or write 
- ✓ Watch your favourite show 
- ✓ Spend time with pets 
- ✓ Go for a short walk outside 

 **Try this:** Make a "**Feel-Good List**" of things that help when you're feeling stressed. Keep it somewhere you can see it!

Take Breaks from Social Media

Social media can sometimes make us feel worse, especially if we compare ourselves to others. Taking breaks can help you feel more in control.

-  **Try this:**
- ✓ Set a **time limit** on apps
 - ✓ **Unfollow** accounts that make you feel bad
 - ✓ Spend time **offline** doing things you enjoy

Move Your Body

Exercise releases **feel-good chemicals** in your brain that help reduce stress and anxiety. You don't need to do intense workouts—just moving a little each day can make a big difference.

- ✓ Go for a **walk in nature** 🌿
- ✓ Dance to your favourite music 🎵
- ✓ Try gentle **stretches or yoga** 🧘

👉 **Try this:** Put on your favourite song and move around for **just 5 minutes**—see how it makes you feel!

🌙 Get Enough Sleep

Not getting enough sleep can make anxiety and low moods worse. Try to keep a **regular bedtime** and relax before sleeping.

- ✓ Avoid screens **1 hour before bed** 📵
- ✓ Read a book or listen to calming music 📖 🎵
- ✓ Try a warm drink like herbal tea ☕

👉 **Try this:** Create a **calm bedtime routine** and stick to it every night.

📞 Talk to Someone

You don't have to deal with stress, anxiety, or low moods alone. Talking to someone you trust can really help.

- ✓ A family member
- ✓ A teacher or support worker
- ✓ A friend you trust
- ✓ A counsellor or helpline

💡 **You are not alone, and there is help available.**

- 📞 **Childline** – Call **0800 1111** or visit [Childline](#)
- 📞 **Kooth** – Free online support: [Visit Kooth](#)
- 📞 **SENDIASS Shropshire** – We're here to listen and support you.