

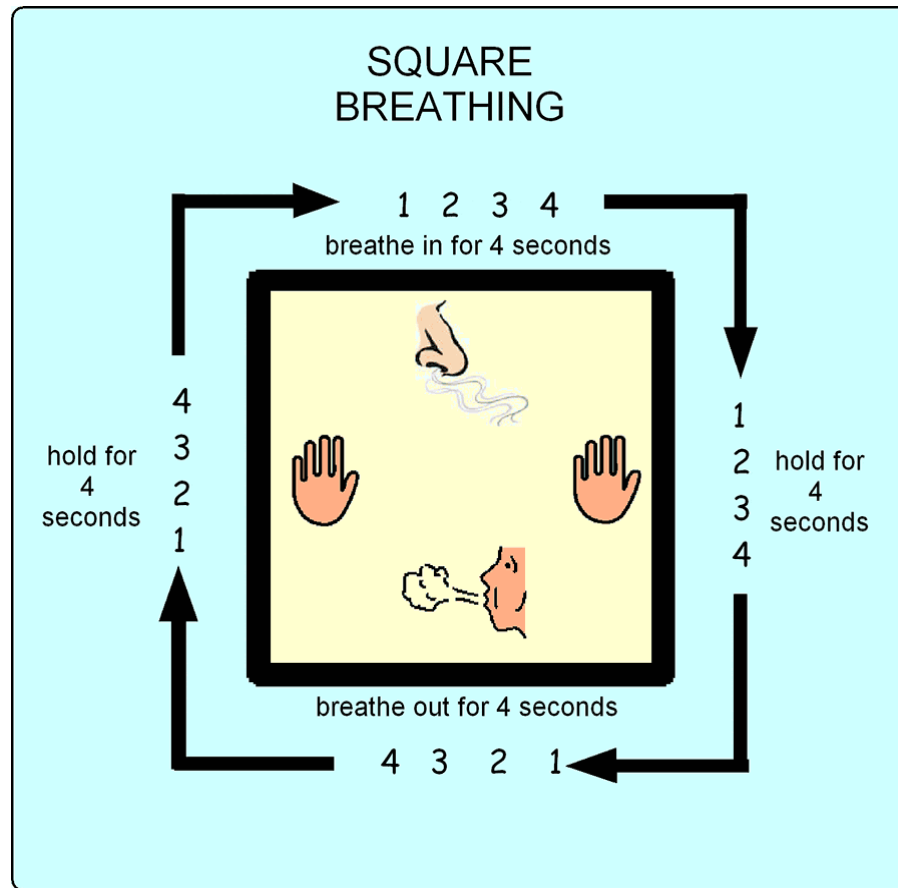


ST PAUL'S SCHOOL
Est. 1509

Mental Health and Wellbeing

Coping with Stress

Square Breathing



Be Kinder to Yourself

**Don't be afraid to challenge
your negative voice!**

- *I carry a heavy load and I'm not going to add to it by listing my faults. Every day is a new day. Tomorrow will be amazing!*
- *I know I'm smart and capable. When did you ever accomplish anything useful, Critical Voice?*
- *I've faced tougher criticism before. You don't scare me!*

**no
negative
thoughts
allowed**



The Importance of Exercise



The video player shows a cartoon illustration. On the left, a man with a mustache and a red bow tie holds a red pen and a green frog. Text above him reads: "EAT A LIVE FROG FIRST THING IN MORNING, & NOTHING WORSE WILL HAPPEN TO YOU THE REST OF THE DAY." In the center, a man in a yellow shirt and red pants sits on a bed at 6:00 AM. A red jagged arrow labeled "WILLPOWER" points from the 6:00 AM mark to a 6:00 PM mark. On the right, a man in a yellow tank top and red shorts is running. Below him, a man in a yellow shirt and red cap sits at a desk with a computer monitor and a mug. The video player interface includes a search bar, a play button, a progress bar at 0:27 / 2:12, and a subscribe button for "Kram Gallery" with 1,223 subscribers. The video has 129,541 views, 1,412 likes, and 28 comments.

Click the image above to watch the video



More Information

1. **NHS**; 10 Stress Busters

<http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/reduce-stress.aspx>

2. **Mind**; How can I deal with pressure?

<http://www.mind.org.uk/information-support/tips-for-everyday-living/stress/dealing-with-pressure/#.WNjhOhLyt4c>

3. **NHS**; Beat School Exam Stress

<http://www.nhs.uk/Livewell/childhealth6-15/Pages/Examstress.aspx>

