

As a parent

One of the first things you should do, is research the illness. Know your facts and be aware of the symptoms and the impact it can have on you and the rest of the family, as well as the child with the disorder.

Look after yourself and go easy on yourself. As a rule, parents tend to blame themselves if their child is unwell, and it can become physically and emotional exhausting to care for a child with a mental health disorder, but one of the best things you can do to help, is to take care of yourself too. Your child needs you, make sure you can offer the best help you can.

Seek out emotional support for yourself as well as your child. Family therapy sessions can also help.

Monitor your child's symptoms, but do not overbear them, monitor from a respectable distance, but make sure your child knows that you are available to them



For more information please visit: www.thelotusmentalhealth.org

Or contact us at: thelotusmentalhealth@gmail.com

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The Lotus Mental Health

Exam Stress Information



The Lotus Mental Health

www.thelotusmentalhealth.org

What is ?

Exam stress happens when a person is feeling extreme, severe, and life-interfering worry, anxiety and/or panic about upcoming tests, assessments, or exams.

If exam stress is bad enough, it can have a damaging effect on a person's mental health and wellbeing.

Although exam stress itself is not a mental health condition, it can lead to the development of a number of mental health conditions, including:

- Depression
- Anxiety
- Panic attacks
- Low-self esteem
- Self-harming
- Suicidal thoughts
- Worsening of pre-existing mental health conditions

What are the Signs and Symptoms?

- Bad tempered – especially at the thought or mention of exams
- Grumpy – especially at the thought or mention of exams
- Irritable – especially at the thought or mention of exams
- Sleep problems – unable to sleep/always tired
- Unable to relax
- Sweating/Rapid heart rate
- Nail biting
- Withdrawal
- Feeling sick - nausea
- Emotional outbursts
- Self-doubt – regardless of ability
- Severe butterflies/tummy churning
- Feeling inadequate – genuinely believing that they can't do it

What can you do?

Be there for your child, it might sound obvious, but if you don't tell them you're there, will they really know?

Be approachable – if your child wants to speak to you, give them your time

Be supportive – encourage, support and praise

Encourage exercise, family time, and integration – loneliness is a dark place

Encourage your child to openly talk about how they are feeling, without judgement and interruption

Look for hobbies and encourage down time

Actively listen to your child, listen to the words they use

Look out for symptoms

Show positivity to your child

Converse and engage. Even if it's just at mealtimes, or in the car, make use of your time together

Teach your child coping mechanisms - keeping a diary, relaxation exercises

Be proud! Even of the most basic achievements

Be patient! Don't take things personally

Get help! If your child is struggling, take them to their G.P.

Love them and make sure they know they are loved