

BALANCING WELLBEING WITH ACADEMIC SUCCESS



THE IMPACT OF ACADEMIC PRESSURE ON TEENS

- Fear of Failure
- Unrealistic Expectations
- Competition/Comparison – pressure to excel
- Social Pressures

SIGNS OF STRESS

- **Physical symptoms:** tense muscles, tearfulness, panic attacks, restlessness, headaches, racing heart, sweaty palms
- **Low motivation**/procrastination/easily overwhelmed
- Low or **changes in mood**
- **Low energy**/lethargy/exhaustion
- Poor ability to **concentrate**
- Changes in **sleep** routine
- **Social** withdrawal

HOW MUCH TO PUSH

- **Know your child:** Take your child's personality and mental status into account
- Let them get independent help sometimes
- Don't try and control their life but still be 'in control'
- Be flexible
- When to stop nagging

HOW TO SUPPORT YOUR TEEN

- Communicate – ask them directly
- Help keep things in perspective
- Challenge negative thinking – helpful vs unhelpful
- Help them with time management / mindfulness
- Prioritise sleep, exercise and good eating habits
- Discuss what a healthy study/life balance means
- Know when to step back / be available
- Get them assessed