

#thiscanhappen2020

THIS CAN **HAPPEN.**

EMPOWERING WORKPLACE
MENTAL HEALTH

Cancelled Exams Supporting Our Teens with Their Mental Health

Celine Brown



About me

- Worked in education for 30 years
- Started as a teacher of Classics
- Progressed to member of senior leadership team
- Worked in various schools including state and independent, primary and secondary, selective and non-selective

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Exams Cancelled – What happens next?

- Dealing with practicalities
- Dealing with feelings
- Dealing with lockdown
- Dealing with the future – what does it hold?



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Dealing with practicalities

Year 11 – no GCSE's so what next?

Year 13 – no A Levels so how do I get to university?

For all of us – what am I supposed to do with my time?



Dealing with feelings

- **Parents**

- What am I supposed to say?
- How am I supposed to make it better?
- How can I reassure?
- How can I help?

- **Young People**

- I feel angry – it's so unfair
- I feel upset – I worked so hard
- I feel sad – school just finished
- I don't know what to feel

Dealing with lockdown, practical strategies for living together

- Is it all negative?
- How can we cope?
- What shall we do?
- How can I work from home and run a house and support my children?
- And what about home schooling? I'm not a teacher? This stuff has changed since I did it!
- Are there any positives? YES!
- Help each other
- Talk to each other
- Role reversal
- Make memories
- Forget the curriculum


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Plan for the future

- Build resilience
- Young people prepare to leave home
- Parents prepare for an empty nest
- Learn to live together as adults
- Learn a new skill
- Teach a new skill





Take control of
the things you
can and try not
to worry about
the things you
can't.

References/further reading

- <https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>
- Healthy eating guidelines: <http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx>
- Exercise guidelines: <http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-adults.aspx>
- Sleep: http://www.nhlbi.nih.gov/health/public/sleep/healthy_sleep.pdf
- Stress: http://www.mind.org.uk/mental_health_a-z/8045_how_to_manage_stress
- Dr J.L. Wilson 'Adrenal Fatigue: The 21st Century Stress Syndrome'
- Useful articles on burnout:: <https://www.psychologytoday.com/basics/burnout>

Questions?

Forthcoming webinars:

3rd April 11.30 – Managing Mental Health In These Challenging Times

7th April 11.30 – Covid19 – Curing Your Finances

To sign up please go to <https://www.thiscanhappenevents.com/resources/webinars>