

AccessEAP®

People in Focus



TIPS FOR
**SUPPORTING
A YEAR 12 STUDENT**
THROUGH THE PANDEMIC

Year 12 can be a very tough year for students. With the threat of the global pandemic, uncertainty of when the next lockdown will start or end, social isolation and disruptions to learning routines, supporting Year 12 students now has a range of additional challenges.

How can you best support these young people?

- 1. Manage your emotions.** The brain of a 17/18-year-old is still forming, so an adolescent can be overwhelmed with strong emotions, which can come out as anger. Try not to take it personally. By modeling good coping strategies, you can be a calming anchor point.
- 2. Be aware of your conversations.** By you demonstrating resilience, you help *them* to be more resilient.
- 3. If they are experiencing strong emotions, let them know this is normal.** They are not failing in any way.

Encourage them to talk about how they feel. Tell them that learning to ride the emotional waves, rather than suppressing emotions, is a good strategy.

- 4. Help the student reflect on their situation.** Ask them what they think would help, or make suggestions – “have you thought about...?” Try not to order them to act in certain ways – that heightens the risk of conflict.
- 5. Give them time and space.**
- 6. Encourage exercise.** Doing vigorous movement like running, dancing, boxing, bouncing on a trampoline can burn off adrenaline and frustration.
- 7. Limit exposure to news.** Model this for them. It's useful to stay informed, but too much consumption of news media can increase anxiety. Consider also where they are getting their information from – encourage using trusted sources.

8. There are things we can control, there are things we can't. Encourage the student to focus on what they can control – their study routine, staying in touch with their friends.

9. Encourage good sleep. An adolescent needs more sleep than an adult – around 8-10 hours. And teens naturally stay up later and get up later.

10. Mindfulness has a positive effect on our wellbeing. Smiling Minds is a free App endorsed by Beyond Blue and Black Dog Institute which many adolescents (and adults) find helpful.

AccessEAP is our EAP provider and can help connect you with clinical experts who can help you support your mental health and wellbeing through these really tough times as we work through the challenges of lockdown.

For more information or assistance, contact AccessEAP on 1800 818 728.