



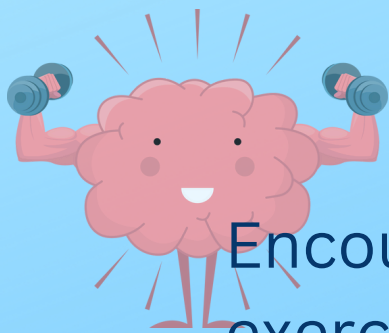
# Year 11

## 8 Point Support Guide



**Supportive Home & Balanced Routine:** Create a calm environment and encourage a consistent routine with study, breaks, sleep, and healthy meals.

**Prioritize Sleep & Healthy Eating:** Emphasize the crucial role of sufficient sleep and nutritious food for focus and wellbeing.



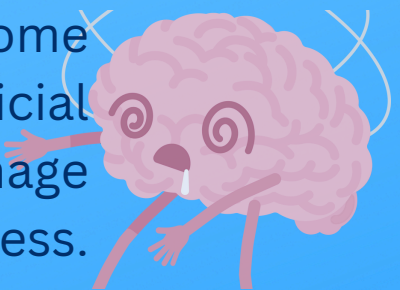
**Encourage Physical Activity:** Promote regular exercise as a stress reliever and mood booster.

**Aid Organization & Time Management:** Help them create a study plan and break down tasks effectively.



**Listen and Validate Feelings:** Be understanding and acknowledge their anxieties without dismissing them.

**Normalise Anxiety & Adrenaline:** Explain that some anxiety is normal and adrenaline can be beneficial for focus in the short term; the goal is to manage excessive stress.



**Promote Breaks & Relaxation:** Remind them to take time for enjoyable activities to prevent burnout.

**Know When to Seek Support:** Be aware of signs of overwhelming stress and don't hesitate to contact the Academy if needed.

