

For School and College Staff: bitesize webinars on-demand

***NEW* How to manage a young person who is having a panic attack**

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Many young people can experience panic at different points in their life. The causes for panic can vary for each person such as exam stress, friendship difficulties, fear of social situations. However, we know it can be common for a young person to experience a panic/anxiety attack during the school/college day. This can seem unexpected for both young people and staff. In this bitesize recording we will focus on understanding panic, learning about the brain's response, what keeps panic going as well as ways exploring ways to manage and reduce symptoms of panic. Overall, we hope the information will continue to support staff to embed a whole school/college approach and culture when working with presentations of panic.

Your wellbeing matters

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Good staff wellbeing is essential for cultivating a mentally healthy school or college, for retaining and motivating staff and for promoting student wellbeing and attainment. Wellbeing is all about our holistic health, including the physical and emotional. When we have good levels of wellbeing, we feel that life is in balance and that we can generally cope well. We feel motivated and engaged, we're resilient and able to deal effectively with daily troubles, as well as 'bounce back' from life's challenges. As education staff juggle a multitude of different tasks and demands, it is important that everyone is given the right emotional and practical support so that they can, in turn, support their pupils.