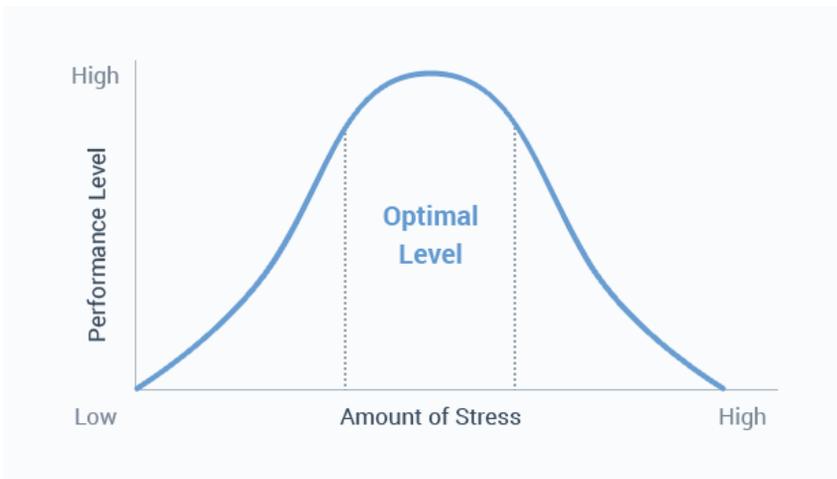


Elevate Parent Webinar: Stress & Wellbeing

Optimal Performance Bell Curve



- Bell curve represents Yerkes-Dodson Law
- Too much or too little stress can negatively impact performance
- Two ways to facilitate optimal zone: preventative and reactive approaches

Step 1: Preventing Excessive Stress

Sleep

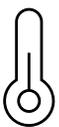
Exercise



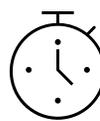
Regular Sleep schedule: Our bodies thrive on routine. Going to sleep at the same time each night ensures that the body is primed to complete all the important recovery processes it needs to while we rest.



Aerobic exercise: exercise that gets your heart rate up and lowers cortisol (stress hormone). Studies suggest that people who go for a run before a test improved their memory recall by 15-20% compared with people who were sedentary.



Keep the room cool: People tend to find it easier to drop off slightly chilly rooms. We also recommend that you play around with other habits and see what works to help you get to sleep – white noise, journaling, etc.



15-20 minutes daily: we don't need to spend hours of each day exercising to improve our stress management. 20 minutes of accelerated heartrate daily is enough to increase memory consolidation and decrease stress.



No screens before bed: Looking at screens prevents the release of melatonin, a hormone which helps us get to sleep. Leave devices out of the bedroom and out of use at least 30 minutes before sleeping.



In it together: going for walks with your child is a great way to ensure they are taking necessary and refreshing breaks, as well as providing a neutral territory to check in with how they are feeling.

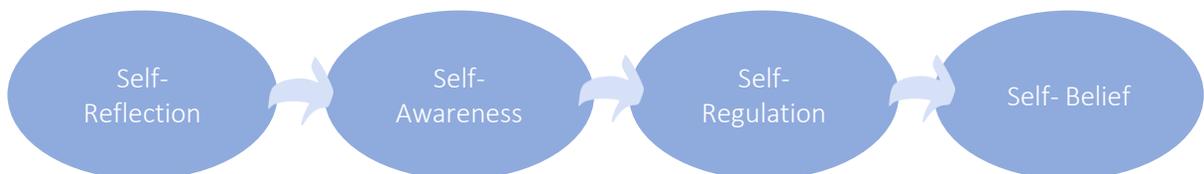
BUT how do we get students to adopt these habits...?

Step 2: Reacting Constructively to Excessive Stress

4 Laws of Habit Change

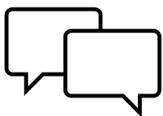
Habit Stage	Good Habit Laws	Example; setting a habit to exercise.
Cue	Make it obvious	Put running clothes and shoes next to bed, ready for morning.
Craving	Make it attractive	Exercise with good friends.
Response	Make it easy	Exercise for 5-10 minutes at home instead of 60 minutes far away.
Reward	Make it satisfying	Track your progress visually (i.e. with a graph on the fridge).

Reacting Constructively to Excessive Stress



When students are aware of their automatic stress responses, they are able to recognise the symptoms early and self-regulate instead of becoming overwhelmed.

The box breathing technique helps defuse the physiological stress response and stay in optimal stress zone.
Breath: in for 4 secs, hold 4secs, out 4secs, hold 4secs. Repeat as many times as required.



Our top tip: put aside 10-15 minutes with your child to talk about what kind of stress symptoms you both experience, and when they come about. This exercise will make it easier for your child to self reflect next time they are experiencing stress, as well as showing them that they are not alone in feeling stressed sometimes.

For more on how you can help your child go to:
www.elevatecoach.co.uk