



Safeguarding Academic Wellbeing Support



Welcome

Feeling stressed and anxious about your up-and-coming submissions?

Don't worry, support is here to help you work through your worries.

Whether you need a chat to talk through your concerns or just need some helpful guidance around managing your stresses, the Safeguarding Team here at QA are here to assist.



Look at our top tips and links to further resources to see in the first instance if this helps.



After you have reviewed and tried our tips and would like 1-1 support with one of the team or you are not sure about implementing coping techniques alone, please complete the following referral form. One of the team will respond within our 3 hr SLA and offer support accordingly.

[Safeguarding Self-Referral Form \(Learners\)](#)



We also have further resources on our learner portal you may find of interest including some recorded videos around stress management and wellness.

[Apprentice learner's portal \(qa.com\)](#)

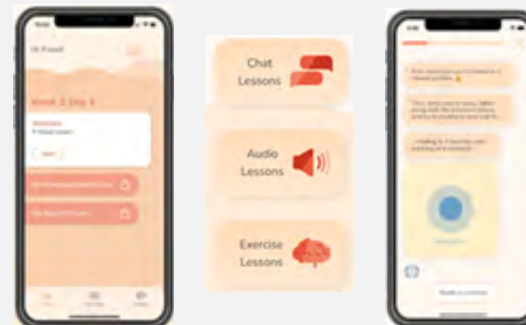
Tip 1



Stress coach is a digital coach to cope better with anxiety. It is a CBT-based self-help app that helps to guide you towards less anxiety and stress.

How it works

The Stress coach app consists of two main parts, long term behavioural therapy through specifically designed courses and quick momentary help in the form of relaxation audios.



The app is free, with some additional resources at a cost but this is not necessary, the number of free resources are ample for providing effective support and coping techniques.

[Stresscoach | Learn to manage Anxiety](#)

Tip 2

If you are worried about how to manage your current challenges it is important to reflect on what you can and can't control and plan how to handle worries if they come true.

What I can control and what I can't

Out of my control

- The past
- The Future
- Actions of others
- Opinions of others
- What happens around me
- The outcome of my efforts

In my control

- My boundaries
- My thoughts and actions
- The goals I set
- What I give my energy to
- How I speak to myself
- How I handle challenges



What Could Happen vs... What Will Happen

When you are worried about something, it's easy to imagine the worst thing that could possibly happen. These worries may never come true. What could happen isn't the same as what will happen.

What is something you are worried about?

*Thinking about what will happen, instead of what could happen, can help you worry less.

1. What are some clues that your worry will not come true?
2. If your worry does not come true, what will probably happen instead?
3. If your worry does come true, how will you handle it? Will you eventually be okay?
4. After answering these questions, how has your worry changed?