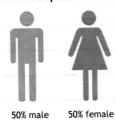
Ely	6 th	Form	n Co	ollege	project
	1st findings				



Do you ever feel stressed, anxious or on edge?

We had 170 responses to our survey



	-
37 young people said they felt stressed most days or all of the time.	
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35%, 1 in 3 young people suffer from stress and anxiety.	
Things that make young people stressed or anxious. Exams 52% Friends 25%	
Stress at school or outside home 48% Health 21%	
Their weight or how they look 36%	
	and the second s
How do young people cope with stress and anxiety?	
Keep it to Play video games or listen to music 6%	
Speak to a friend 44% Don't know 7%	
Speak to someone in their family 24%	

Do young people have enough help to cope?	
Yes 62% No 23%	
Sometimes 11% Don't know 4%	
What kind of things help young people cope with	
stress?	
Baving someone to talk to Doodling, drawing, sketching, distracting the mind approach in school	
Talking to people Sports help	
who understand	
More things to someone to give me advice release energy on More video games to play	
Mood board with comments from the students	
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grand and such a control of contr	
Opening Specific Company (Company)	