

How some pupils cope with stress:

I go out for a cycle or read a book

*James Topping*

I sleep  
*Rebecca Agnew*

I listen to music  
*Henri Campbell*

I have a relaxing day to forget all about stress and worries

*Catherine Agnew*

I play X-Box  
*Matt McLaren*

I watch DVDs or videos  
*Jacqueline Beatty*

I go home and play on my computer  
*Kurtis Robinson*

I play with my pets  
*Michelle McErlain*

I draw or paint  
*Tara Speers*

I deal with as much homework as possible the night I get it  
*Emma Robinson*

I surround myself with friends and clear my head with sport  
*Tyler Smyth*

I go for a walk  
*Beth Montgomery*

I play sports  
*Callum Sittlington*

I have a cup of tea and watch TV  
*Kerry Ferguson*

I start work in advance to spread out my workload evenly  
*Rebecca Wharry*

I listen to music, sit by myself and have a long think through  
*Jodie Nelson*

I do something else to take my mind off it  
*Brittany Le Roux*

I comfort eat!  
*Louise McCluskey*

I have a bubble bath with calm music once a week  
*Nicola McCauley*