## **Closely monitor wellbeing**

Be alert for signs that a student is not feeling good about themselves.

Act when you notice something.

As students move through school, pressures increase. Frustrations, anxiety, and stress can cause a lack of motivation and give students a poor view of themselves as a learner.

**The dyslexia-stress-anxiety connection** includes a step-by-step guide for supporting students to de-stress.

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