

## Stress Busting Council

### Guidelines for Leaders

- If someone wants to talk to you rather than the group explain that it needs to be two of you. This is so that you can support each other.
- If someone tells you something that feels quite ‘big’ and is causing them lots of stress then you need to tell the adult who is overseeing Stress Busters. Explain to the child that it is important for an adult to know so that they can help and also so they can understand. Ask the child if they would like you to go with them to tell the adult, or would they prefer for you to pass the information on? Then speak to the adult as soon as possible.
- If you find yourself worrying about someone else, or thinking about them a lot then also go and tell the Stress Busters adult.