

# Recognise student distress

Distress can present as visible behaviours to others. It is a form of communication and it serves a purpose. When you understand its purpose, you can understand the factors that lead to distress and how to respond.

Distress is an expression of an unmet need or want. It occurs when the level of stress exceeds ākongā ability to cope and recover without support.

**Source:**

Ministry of Education | Te Tāhuhu o te Mātauranga  
<https://parents.education.govt.nz/primary-school/your-child-at-school/using-physical-restraint-in-schools/>

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