

Going back to School

Being stuck at home for so long has meant that you have probably got used to the different style of learning (Zoom, Microsoft Teams etc). Therefore, the idea of going back to 'in person' lessons may cause you some anxiety and worry. However, here are some tips that can help guide you, for when you do go back to school.

1. Discuss your worries with someone

The likelihood is, many people will be in the same position as you; worried and unsure of how school is going to work. Therefore, communicating and being honest with the people/pupils around you, can give you some reassurance. Also telling a friend can help, as you can help each other out throughout the day. As well as the pupils around you, telling your teacher can help with the worry, as they can try and put arrangements in place to make sure you feel comfortable. Having a support network is really important!

2. Make sure you're well prepared beforehand to avoid extra worry

With Covid precautions still being put in place, it might help to take your own individual approach and make sure that you're well prepared with all of your own stationary, textbooks etc. The last thing you want is to have to borrow something and increase your chances of spreading the virus, which could ultimately lead to more worry. So, ensure that when you do go back, you are aware of all the subjects you have and that you've packed all of the essential things you will need for that day (including a clean face mask). Also, in terms of preparation, another way you can minimise your worry is through researching online what the procedures are, that schools have put in place. By doing this, you will be aware of all the differences and how to adapt to them, rather than it being a surprise to you!

3. Communicate your worries regarding Covid restrictions

Something that you may be worried about is how Covid-restrictions will impact on your learning e.g., feeling claustrophobic whilst wearing a face mask in a lesson. Obviously, face masks are compulsory in schools however, if you are someone that is likely to get anxious, it may be worth telling someone (teacher, head of year etc) your concerns. This is so that they are aware, if you need to go outside to remove the mask for a couple of minutes. The same goes with any other covid-related restriction that may cause you worry; it is important that you tell someone so that they can work with you to come up with an alternative solution. Even though admitting it to someone can be scary, you will feel a lot better for prioritising your mental and physical wellbeing.



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4. Implement self-care into your daily routine to help manage the stress

Self-care can be done, even at school; it could be as little as listening to your favourite song on your way to school or making your favourite food for lunch. When you give yourself time and attention, you will feel a lot better in the long run. It could also be that you have a journal on your phone, where you write down all the things that make you stressed/anxious throughout the day ('Reflectly' on the App store and Google play is a great app for this). Find little things that can help you to release your own stress and worry throughout the day.

5. Remind yourself it is okay to feel the way you do

This may seem like a simple tip but just accepting that your feelings are justified, will help you when you enter situations at school that are scary. You are not alone and many people will face the same worries that you do. When you feel a certain emotion; whether that is stress, confusion or just generalised anxiety, sit with that emotion and really think about why you're feeling that way. Understanding your thoughts and emotions is a good place to start, as you can start to program your brain to respond to stressful situations.



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