

# edYOUcate

## RETURNING TO SCHOOL

Coronavirus has created a lot of uncertainty and changes. Home learning may feel like the 'new normal' now, so it's natural to feel a bit anxious about going back. You are not alone, many young people in your positions feel the same! Here's some small tips you could try that might make the switch a little easier.

### 1 If you can, talk with someone you trust.

It can be scary sometimes admitting when we feel worried about something but reaching out to a friend, parents, a family member or even a teacher from your school can help. Putting your worries out in the open can sometimes make them feel more manageable.



### 2 Do a practice journey or trial run.

After a few months in lockdown it can feel scary to step outside again. Sometimes getting out of the door is the hardest part. Perhaps practicing the journey to school before next week could help it feel more manageable? Or maybe set small goals this week to go outside for short bursts at a time; to the shops or to the park.



### 3 Preparation is key!

The more prepared we feel for something, the less scary it seems. Perhaps write a check list of what info you need for your return. For example; what equipment do you need to pack? What uniform do you need the night before? What will your timetable look like? Is there any homework you have left to complete?



### 4 Try to get back to a sleep routine.

It is easy to fall out of a routine in lockdown and sleep & wake up later. This is normal but it's important to try and re-train your body clock again over the next few days, so that it's a little easier for you when you return to school.



### 5 Most important - Be patient with yourself.

This has been a particularly challenging year. Going back again can be a big adjustment and things might not feel "normal" for you for a while. This is OK! Remember to look after yourself during this period of change and remind yourself that if you do find it hard, you're not alone and it's alright to feel that way.



On the 25th of March we have an online workshop about managing anxiety for 11-25 year olds. Here is the link to sign up for it: <https://www.talkofftherecord.org/covid-19/online-workshops/>