

Newsletter

Managing Back to School Anxiety *The Wellbeing in Mind Team*

Autumn Term 1

The Wellbeing in Mind Team

We are a team of NHS staff working with school staff providing advice, support and training on wellbeing issues as well as forming a link between the school and other services supporting young people. This work includes direct support for young people experiencing mild to moderate difficulties such as anxiety and low mood. We also provide support with online resources and develop classroom-based education sessions working with the school's pastoral team to improve knowledge, skills and understanding about wellbeing.



Back to school anxiety

The return to school can be an anxious time for both children and families with some children finding the transition into education settings especially challenging after the long summer break. Young people might show they're feeling anxious about school by:

- Not wanting to get up and get ready for school.
- Saying they can't go to school.
- Worrying a lot about small issues, such as having the right equipment for a lesson.
- Reporting physical sensations such as feeling sick or having stomach aches or headaches.
- Feeling withdrawn or not completing schoolwork.
- Difficulties sleeping.

Top tips for managing back to school anxiety

- Create a morning routine and try to get organised the night before as much as possible by packing bags, checking their timetable, and laying out their clothes. Sometimes a timetable might support this.
- Encourage your child to do things which help them to relax such as spending time with friends, taking part in sports or hobbies and self-care rituals.
- Recognise your child's small achievements by breaking things down into smaller steps and this will empower them to overcome their anxieties.
- Create some protected time to talk to your child about their worries.
- Provide opportunities to look for solutions and problem solve your child's worries together.
- Be mindful about the language you use around school; try to talk about school in a positive way. Encouraging your child to think of three positive things that have happened in their school day can support this.

