



Week 9 of  
Headstrong from  
home for year 10  
and 12

[https://youtu.be/RM2oQ-YL\\_uM](https://youtu.be/RM2oQ-YL_uM)



# What to try if you are feeling nervous about returning to school...

1. Make a list of the things that are making you nervous.
2. From that list, work out what you can control and what you can't control.
3. For the things you can control, think about how you are going to take control so that you feel as comfortable with the situation as possible e.g. you have some control over how you get to school - do you have face masks for the journey, will you make certain you wash hands as soon as you arrive in school?
4. For the things you can't control, think about how you can allow yourself to trust the teaching staff to support you e.g. you might be nervous about not being in your normal class - trust that the teachers will help you with this.

# RE-FRAME A WORRY

and try to find a

⇒ **positive** ⇒

way to respond

When you have worked out what is worrying you, try and work out why it worries you and can you look at it in a different way? Could you share that worry with someone so they can help you?



- 1. Wash your hands**  
20 seconds of soap and water



- 2. Cover coughs and sneezes**  
Cover your cough or sneeze with a tissue, avoid touching your face and no handshaking




- 3. Social distance**  
Put distance between yourself and other people



- 4. When sick, stay home**  
If you don't feel well, just stay home.

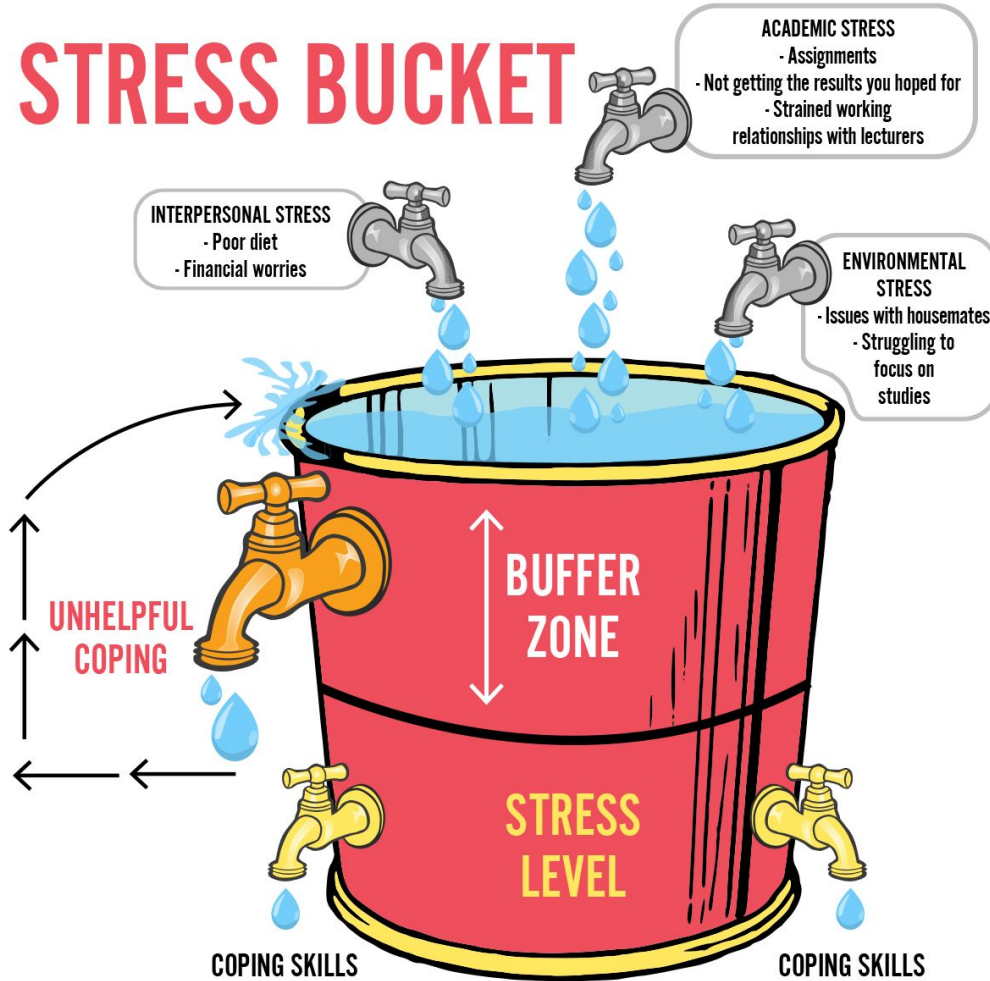
Things to remember for our well-being whilst at school. These are the best ways to stop spreading the virus any further.

Social distancing will be in place in school, but this doesn't mean we can't still be friendly and smile and chat to each other from a distance. Social contact is so important to our well-being even if it is at a distance for a little bit longer.

A graphic with a purple and green background and a white box containing text.

**Smile and  
be friendly,  
even while  
you're social  
distancing**

# STRESS BUCKET



<https://youtu.be/2TEeoQROLqM>

Think about the coping strategies you need to use this week to help make the transition back to school easier.

# Use Your Senses to Calm Anxiety

## Sight

Look around your environment. What are 5 things you see? A chair? A wall hanging? A beautiful scene outside?

STEP 01



STEP 02

## Touch

What do you feel? Tactilely engage with your environment, by touching 4 objects of different textures.

## Hearing

Consider what you can hear. Identify and focus on 3 sounds around you.

STEP 03



STEP 04

## Taste

Engage your taste buds in at least 2 ways. Get a drink, eat, a snack, suck on a mint.

## Smell

Find 1 delicious smell. A candle, lotion, scent, essential oil, etc...

STEP 05



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Potential coping strategies.

If you are really struggling, please tell someone in school.

# HOW TO DEAL WITH STRESS AND ANXIETY

## Take a time-out.



Practice yoga, listen to music, meditate, get a massage, or learn relaxation techniques. Stepping back from the problem helps clear your head.

## Limit alcohol and caffeine.



Alcohol and caffeine can aggravate anxiety and trigger panic attacks. Instead, drink water.

## Exercise daily.



Exercising can help you feel good and maintain your health.

## Slowly count to 10.



Repeat, and count to 20 if necessary.

## Accept that you cannot control everything.



Put your stress in perspective: Is it really as bad as you think?

## Give back to your community.



Volunteer or find another way to be active in your community, which creates a support network and gives you a break from everyday stress.

## Talk to someone.



Tell friends and family you're feeling overwhelmed, and let them know how they can help you. Talk to a physician or therapist for professional help.

## Eat well-balanced meals.

Do not skip any meals and always keep healthy, energy-boosting snacks on hand.



## Get enough sleep.

When stressed, your body needs additional sleep and rest. It's important to get 8 hours of sleep per night!



## Take deep breaths.

Inhale and exhale slowly throughout the day when you are feeling stressed.



## Do your best.

Instead of aiming for perfection, which isn't possible, be proud of however close you get.



## Maintain a positive attitude.

Make an effort to replace negative thoughts with positive ones.



## Learn what triggers your anxiety.

Is it work, family, school, or something else you can identify? Write in a journal when you're feeling stressed or anxious, and look for a pattern.



## Get help online.

Lantern offers online programs guided by professional coaches to help you turn healthy anxiety management into a habit. (Sponsored)







ONE DAY  
AT A TIME

ONE STEP  
AT A TIME

ONE BREATH  
AT A TIME

@littlearthlings