

Going back to school

NHS

**South West
Yorkshire Partnership**
NHS Foundation Trust

Going back to school can be **super** daunting, especially after a long time away. Having a routine again, seeing teachers and friends and learning new things can all feel pretty overwhelming and stressful. It's totally normal at this time to be feeling anxious and low in mood, as well as struggling with sleep and unhelpful thoughts. Sometimes these thoughts can feel pretty powerful, and make it hard for us to concentrate, or make us feel that we don't want to go to school and see our friends. We try to avoid these situations because of how they make us feel.

If you're struggling at the moment with transitioning back to school, then this guide is for you! This guide includes links to self-help support, websites and videos and includes some self-help worksheets for you to complete.

Anxiety

The thought of going back to school can make us feel really anxious.



Anxiety is the body's way of responding to being in danger. The hormone adrenaline is rushed into our bloodstream to enable us to run away or fight, not taking into consideration if the danger is real, or if we just think there's a danger.

But what can we use to help us with our anxiety?

Find out more about anxiety, and techniques you can use to help relieve anxiety:

- [Young Minds – what is anxiety?](#)
- [CBT self-help for anxiety video](#)
- [Worry diary](#)
- [Thought record](#)
- [How to use STOP to control our thoughts video](#)
- [Facing fear and avoidance video](#)
- [Self-help for health anxiety](#)
- [Challenging worrying thoughts worksheet](#)
- [Postpone your worry worksheet](#)
- [Letting go with mindfulness worksheet](#)
- [Accepting uncertainties worksheet](#)

Sleep

If we are struggling with anxiety, low mood and unhelpful thoughts about going back to school, it can be really difficult to sleep! Here are some links to help us when we are struggling with sleep.



- [Self-help for sleep](#)
- [Mindful breathing](#)
- [Relaxation technique](#)
- [Sleep diary](#)
- [Sleep music](#)
- [Guided meditation video](#)

Low mood

People who are feeling low in mood tend to think very negatively about themselves, the future and the world around them. If you are feeling low in mood, you might be struggling to concentrate on school or be avoiding meeting up with friends. Follow the thinks below to learn more and help to lift your low mood:

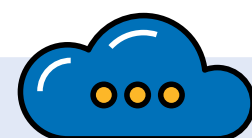
- [Information about low mood/depression](#)
- [Low mood self-help video](#)
- [Increasing activity worksheet](#)
- [Increasing activity video](#)
- [Low mood thought record sheet](#)
- [Weekly activity schedule](#)
- [30 day positive challenge](#)
- [Positive steps to wellbeing video](#)
- [Finding meaning video](#)
- [Noticing the positives video](#)



Unhelpful thoughts

Sometimes our thoughts can be unhelpful. Unhelpful thoughts can cause negative feelings and negative behaviour, and may stop us from feeling like we are able to go to school or do our school work. For example, we may think we are "rubbish at maths" and so we stop trying in maths lessons. So how can we break this cycle?

- [Information on unhelpful thinking patterns](#)
- [Fact or opinion video](#)
- [Thought challenge sheet](#)
- [Thought challenging video](#)
- [Responding to thoughts video](#)
- [Different perspectives](#)
- [Fake news](#)
- [CBT self-help for anger video](#)
- [Self-help for stress video](#)



Useful apps

- [Headspace](#)
- [Stop, breathe and think](#)

- [What's up? A mental health app](#)
- [Relax Melodies](#)
- [Calm](#)

With **all of us** in mind.