



Welcome Back



Press the speaker on each slide to hear our audio

making a

difference

together

How are you feeling to be back? (5 minutes)



- Have a conversation with the person near to you about how they are feeling



making a

difference

together



Some feelings you may have shared?

- I'm excited to see my friends again
 - I feel bored of school work
 - I'm worried I've fallen behind in my subjects
 - I feel so lonely
 - I'm really tired
- I'm worried about money
 - I'm scared for what the future will look like
 - I feel out of control
 - I'm worried I or someone I care about will get ill
- I feel happy to be back doing my favourite subjects



making a



difference



together

Agenda



- General update/current circumstances
- What is worry?
- The physical symptoms of worry
- Helpful vs unhelpful behaviours
- Adjusting to the changes at school
- Top tips
- Useful apps



making a

difference

together



Aims



- To get an update on current circumstances and how this impacts on your return to education
- To understand how worry and anxiety can affect us
- To understand the impact of helpful and unhelpful behaviours when you are worried
- To understand the specific changes in your education setting
- To understand ways to help when you are feeling anxious



making a



difference



together



A general update



making a



difference



together

What is worry?



- It's important to recognise everyone worries to some extent, this is **NORMAL**.
- Worrying is to think about problems that may happen that can leave you feeling scared or nervous.
- Worry can be experienced as thoughts or images and can progress in an unlikely direction.
- Worrying thoughts can create uneasy feelings which can lead to unhelpful behaviours.



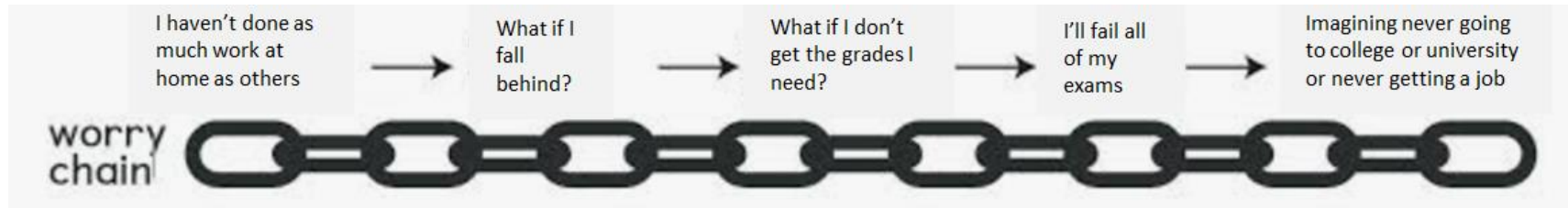
making a

difference

together

The worry chain

- You can see from this worry chain how “normal worries” have led to excessive and frightening worries



- Excessive worrying can lead to us experiencing lots of physical symptoms which we refer to as **Anxiety**.

making a

difference

together

What is anxiety?

- Anxiety is a **NORMAL** emotion that can be useful and enhance performance.
- However, it can become a problem when it interferes with your everyday life.
- Anxiety can negatively impact on your social life, academic performance and mood.
- You may have heard of anxiety being referred to as our fight or flight response.

making a

difference

together



Fight or Flight



- The fight/flight response is an **AUTOMATIC RESPONSE** which prepares the body to act.
- When faced with **DANGER** it often makes sense to run away or if that is not possible to fight.
- The physical changes that happen can be uncomfortable when we do not know why they are happening, but remember these are **NORMAL**.
- Our fight or flight response is sometimes activated when it's not needed, like a faulty smoke alarm
- Watch this video to understand more:

https://www.youtube.com/watch?v=jEHwB1PG_-Q



making a

difference

together

Group discussion (5-10 minutes)



- Is there anything you're nervous about in relation to being back in face to face education?
- What do you think might look different?
- How important is it for us to follow the changes?

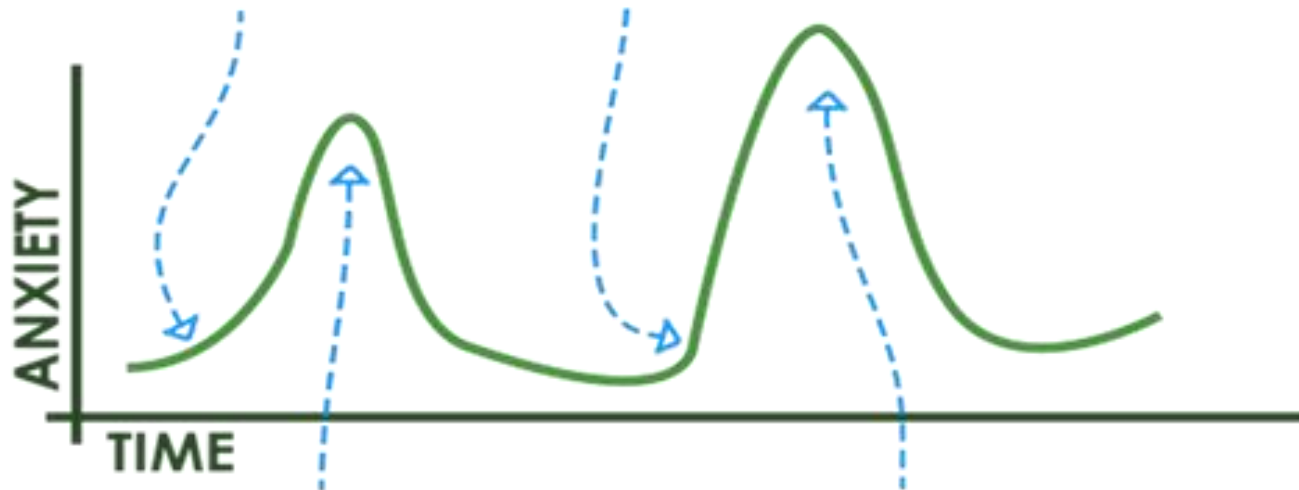
making a

difference

together

What we might do when we feel nervous

(A person is confronted with an anxiety-producing situation which leads to an uncomfortable sense of worry and agitation.)



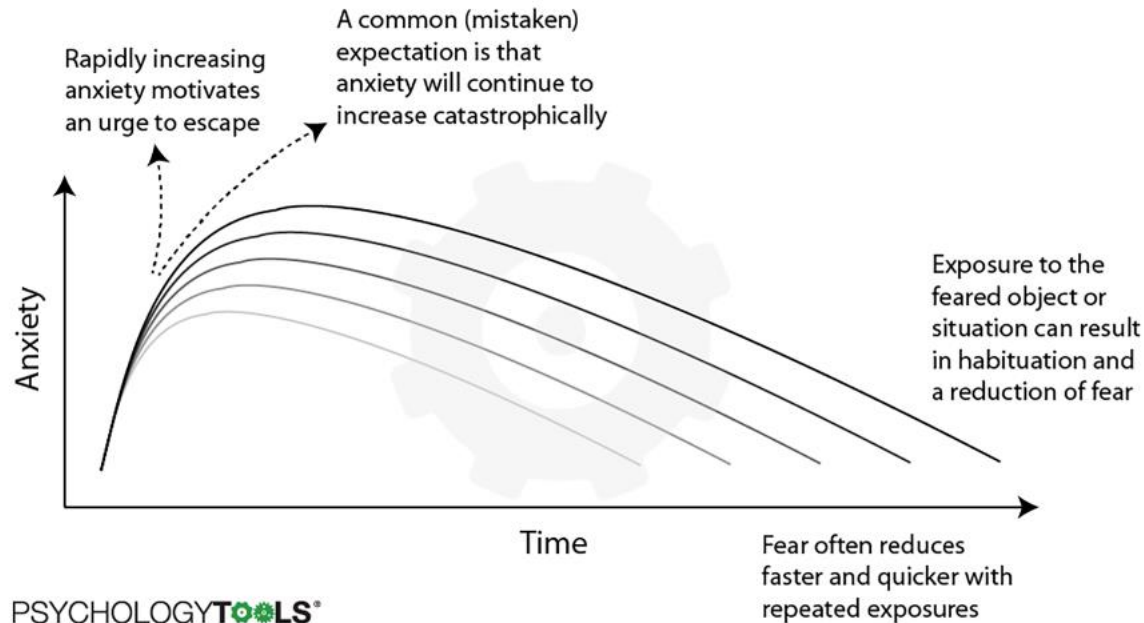
(The anxiety-producing situation is avoided, and the person receives a feeling of relief. However, next time the anxiety will be worse.)

making a

difference

together

What happens when we face a feared situation



making a

difference

together

What are helpful and unhelpful behaviours?



● Helpful Behaviours

- Talking to someone
- Keeping to routine
- Being proactive
- Going to school/college
- Getting a good nights sleep
- Be social/do enjoyable things
- Relaxation techniques

● Unhelpful Behaviours

- Bottling things up
- Cancelling plans
- Procrastinating
- Skiving off school/college
- Staying up late
- Avoiding friends/hobbies
- Getting angry and kicking off

making a

difference

together

Thoughts and behaviours



Thoughts

“If I go to school I’ll catch Coronavirus”



Behaviours:

Stay off school

“I’m behind on too many subjects”



Procrastinate

“I can’t hang out with my friends”



Stay in bedroom and not talk to anyone

How do you think you would feel using these behaviours?

making a

difference

together

Thoughts and behaviours

Play first



Thoughts

“If I go to school I’ll catch Coronavirus”



Behaviours:

Talk to someone about your worries, go to school, practice social distancing

“I’m behind on too many subjects”



Put some more time aside to study

“I can’t hang out with my friends”



Video call them, talk to them on social media

Would you feel differently using these behaviours?

Play second



making a

difference

together



How will things look back now we are back... (10 minutes)

- Let's complete the resource booklet to help you understand how things will look at your education setting.



making a

difference

together

Top tips

Stick in and keep going



IT'S GOING TO BE HARD
BUT HARD IS NOT
IMPOSSIBLE



Eat healthily

Listen to the facts



Stay Active



Sleep Well

making a

difference

together

Top tips

Keep Talking



Get Creative



Do more of what you love

Focus on the positives



making a

difference

together



What will you do? (5 minutes)



- Using the resource sheet, think of which top tip you could focus on over this next week



making a

difference

together



What to do if you need further support



- Remember, things might feel tricky for a little while, but they will get easier.
- If they don't or you feel worse, you can:
 - Talk to parents/carers about how you're feeling
 - Talk to your teacher about what's going on
 - Your teacher might:
 - Request a consultation for a referral to the Mental Health Support Team
 - Give you extra resources to support you
 - Arrange for you to speak with someone in the Pastoral Care Team



making a

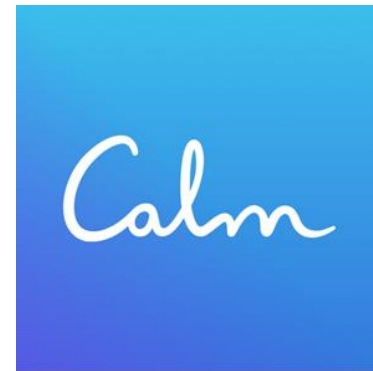


difference



together

Useful Apps



making a

difference

together



making a

difference

together