



Feel Good FRIDAY



Back to School!

The return to school is full of new excitements and opportunities, but can leave some of us feeling anxious or overwhelmed. Here are some top tips to help you get through the school year and thrive!

Remember the basics of self care...

With homework to complete, extra-curricular activities to participate in and friends to meet up with, it's easy to forget the very basics of self-care. This can include getting enough sleep, exercising, drinking enough water, and eating a balanced diet. However, if you neglect these essentials, you may end up feeling groggy and be more susceptible to the stress and pressure of the school environment. If you struggle to remember these things, you may find it helpful to set notifications reminding you. The 'Aloe Bud' app can also help with this.

Try not to put too much pressure on yourself

Schools can be high-pressure environments. Teachers and parents want the best for you, even if sometimes this desire to see you succeed can make you feel that you are not doing enough, or make you worry that you will disappoint them if you do not get the top grades. Yes, school is important. However, your mental health always comes first. With healthy habits and support you can get through this year. And you will!

Ensure that you have time to rest and have fun

Very few people can work all the time without becoming exhausted and starting to feel a bit down. We all need to rest. We all need to do things we enjoy. It doesn't mean that you're lazy or unmotivated or a bad student, it means you're human. In fact, taking regular breaks can improve your concentration and, consequently, the quality of your schoolwork. To ensure that you have things to look forward to, you could jot down ideas of fun activities on a calendar.

Speak to someone you trust at school

It can be difficult to talk to anyone about mental health issues, including your school. You may be worried about stigma, rejection or just that they won't take you seriously. But if you feel you are struggling we are here to support you and support students facing similar difficulties to you every day. We have various procedures in place to help you manage school life alongside your mental health. So if you are going through a particularly difficult time right now, it is important to let someone at school know so that we can support you. If you do not feel up to telling us yourself, it may be helpful to get a friend or family member to do this for you.