

# Newsletter

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



Tees, Esk and Wear Valleys  
NHS Foundation Trust

### 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- Feeling withdrawn or not completing schoolwork.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.



Follow us on Instagram @wellbeinginmind.mhst and X @WiMT\_MHST

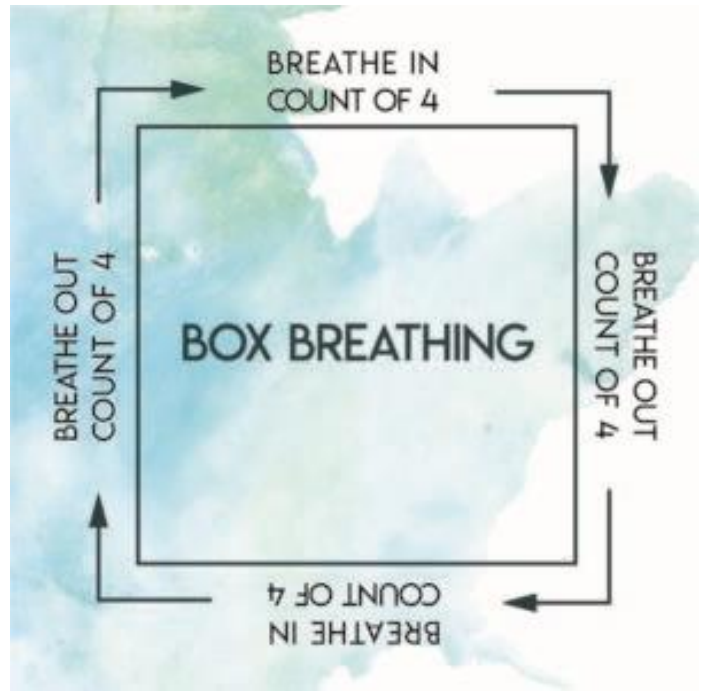
Strategies to help your child manage anxiety:

There are many techniques and strategies that you can try with your child if they are struggling with feeling anxious about returning to school. Every young person is unique and so different techniques may work better for different individuals. To start, practice these soothing, breathing and grounding techniques below:

**SELF-SOOTHING**

Self-soothing is a quick and effective way to reduce the intensity of negative emotions.

<p><b>Sight</b></p> <ul style="list-style-type: none"> <li>Low lighting</li> <li>Soothing colors</li> <li>Sleeping masks</li> <li>Coloring books</li> </ul>	<p><b>Touch</b></p> <ul style="list-style-type: none"> <li>Soft things</li> <li>Cuddle things</li> <li>Massage</li> <li>Hot/cold shower</li> <li>Heated/weighted blanket</li> </ul>
<p><b>Sound</b></p> <ul style="list-style-type: none"> <li>Calming noise</li> <li>ASMR videos</li> <li>Nature sounds</li> <li>Guided meditations</li> <li>Binaural beats</li> </ul>	<p><b>Smell</b></p> <ul style="list-style-type: none"> <li>Aromatherapy</li> <li>Fresh air</li> <li>Candles/incense</li> <li>Comforting smells</li> </ul>
<p><b>Taste</b></p> <ul style="list-style-type: none"> <li>Strong flavors</li> <li>Warm drinks</li> <li>Eat slowly</li> <li>Nostalgic flavors</li> </ul>	



**5 - 4 - 3 - 2 - 1**  
GROUNDING TECHNIQUE

A calming technique that connects you with the present by exploring the five senses.

<p><b>5</b> THINGS YOU CAN SEE</p>	<p><b>4</b> THINGS YOU CAN TOUCH</p>
<p><b>3</b> THINGS YOU CAN HEAR</p>	<p><b>2</b> THINGS YOU CAN SMELL</p>
<p><b>1</b> THING YOU CAN TASTE</p>	



For further tips and support, visit:

[Tips For Dealing With Back-to-school Anxiety | Blog | YoungMinds](#)

[How to cope with back-to-school anxiety | Barnardo's \(barnardos.org.uk\)](#)

