

Tips for dealing with Back To School stress



Maldstone
and Mid-Kent

Contents

Page 1 - What is Stress

Page 2 - Organising yourself for your first day at school

Page 3 - Being Separated From Your Friends

Page 4 - Dealing with Bullying

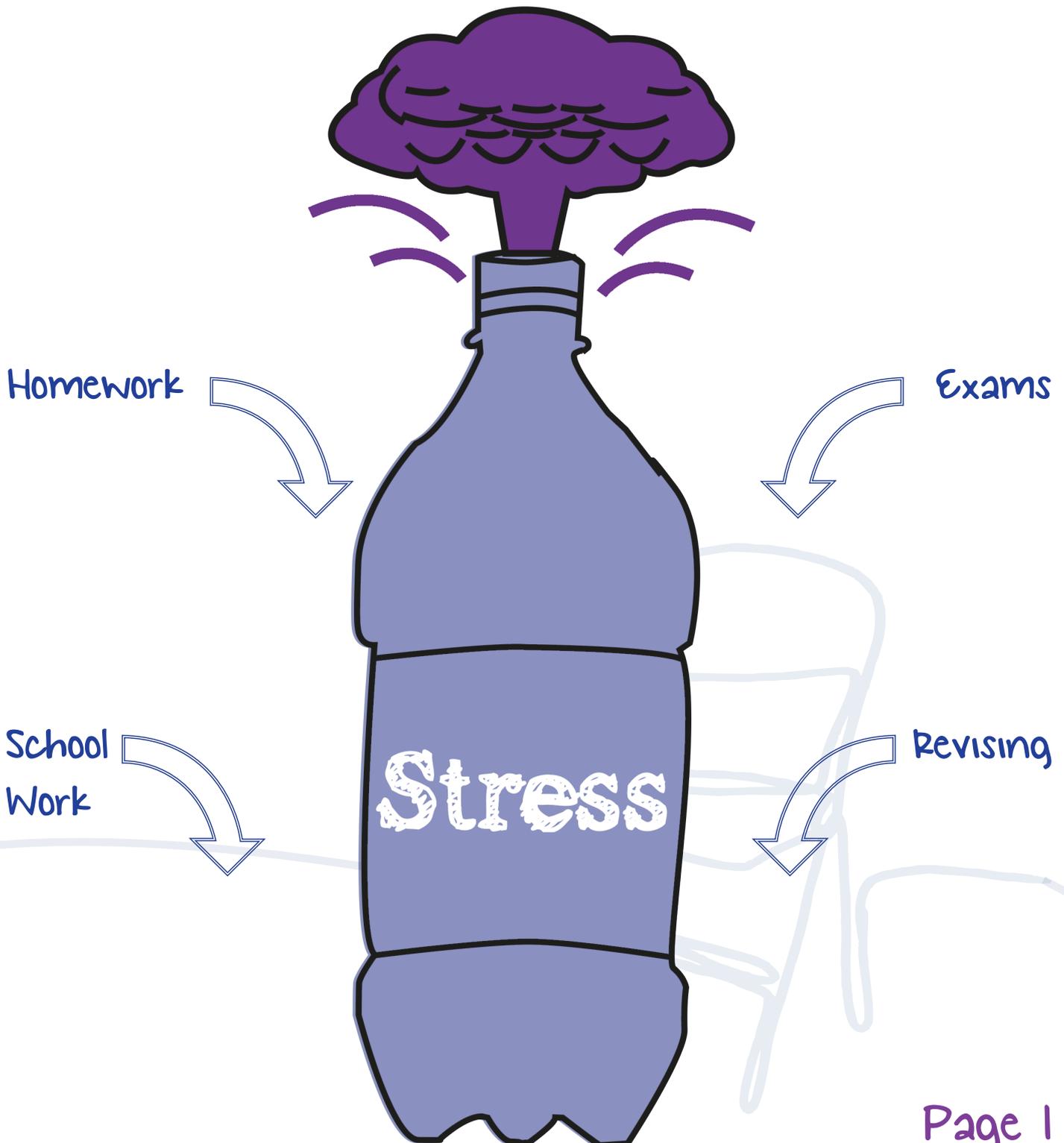
Page 5 - Tips to Help You Cope with Anxiety & Stress

Page 6 - Your Support Network

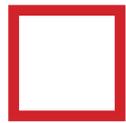
Page 7 - Additional Support

What is Stress?

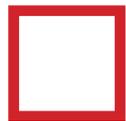
Stress is when we feel pressure building - but we are not sure how to release it. This could be coursework deadlines, exam revision or even just running out of time to do things in the day! If we don't find healthy coping strategies to release stress, we can explode, as the below example demonstrates:



Organising Yourself For Your First Day at School



Learn your timetable



Pack lunch or money



Prepare your school uniform



Pack everything that you are going to need



Being Separated From Your Friends

Being separated from your friends can be a difficult experience. As we progress into Secondary School, our friends will often go to different schools across the area depending on what they want to do and where they live. There are a few ways to combat the isolation and loneliness we can feel when this happens:

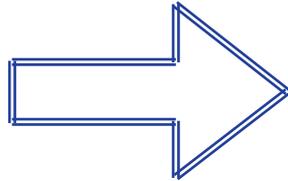
- Make an effort to make new friends. You don't want to replace your old friends, but making friends at your new school is important in avoiding isolation. Talk to people who are in your class, and find out the things you have in common.
- Use Social Media networks or phones to keep in touch with your friends if you have them. Social Media and Telephones have been designed primarily to connect people - so use that to your advantage!
- Organise to meet up and see your friends. Whether it be going out for a meal or going to the cinema, you can do lots of things in your spare time and during your weekends. Just because you don't see each other every day, doesn't mean you need to stop seeing each other altogether!
- Remember that everyone is in the same situation. When we leave school, we won't go to the same school as all our friends - so it's important to remember that other students are probably just as nervous as you are!

Make sure you keep in contact with your friends, and see them in your spare time - it can really help!

Dealing with Bullying

Bullying is something which many young people experience during their time back at school.

There are three types of bullying.



Emotional

Physical

Cyber

When we are being bullied, it is easy to feel vulnerable and isolated. Here are a few tips to help you overcome bullying:

- Ignore the person who is bullying you. Don't respond or retaliate.
- Spend more time with people who make you feel good.
- If you don't know who to talk to - reach out to an online service;

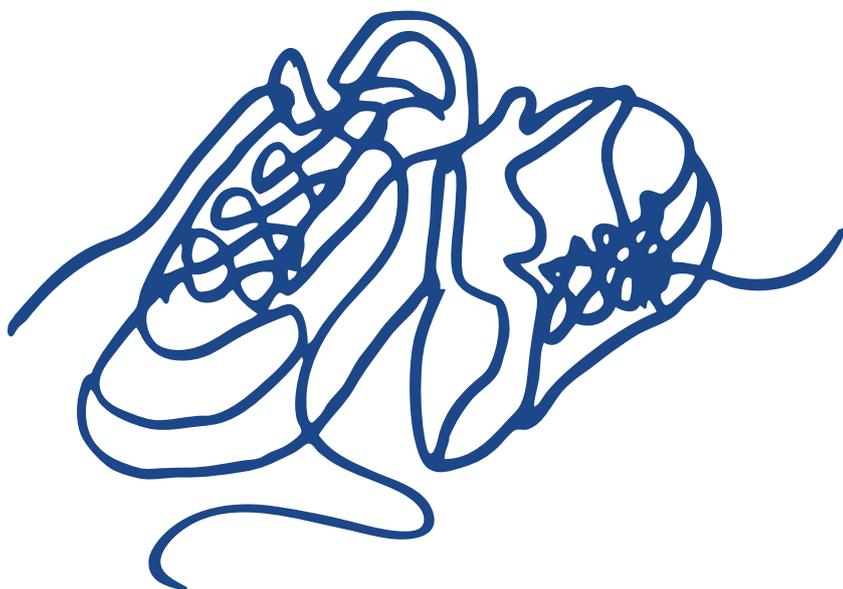
Kooth - <https://kooth.com/> - free online counselling.

Papyrus Hopeline - 0800 068 41 41 - suicide prevention for young people.

Tips to help you cope with Stress & Anxiety

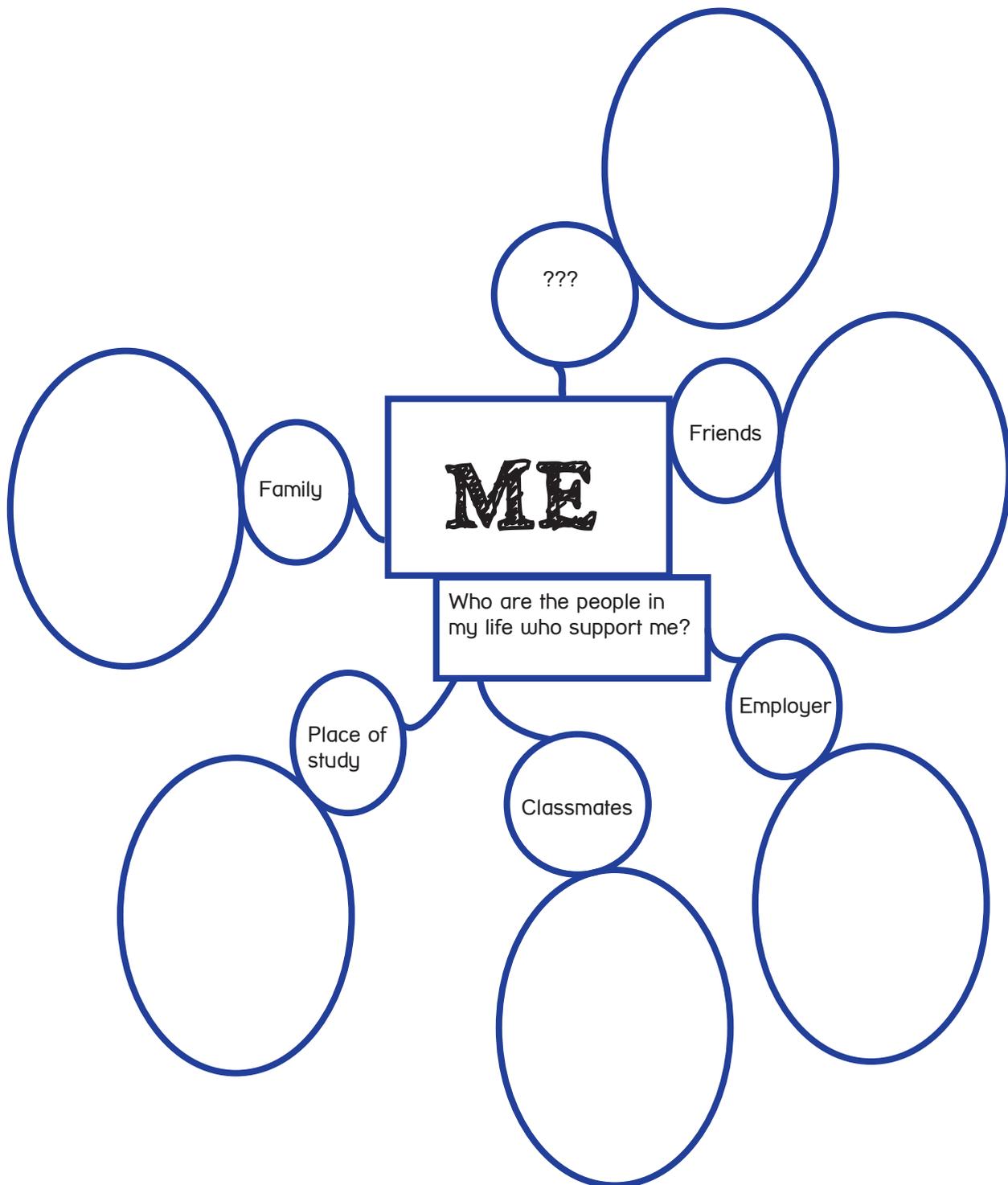
The following tips are things you can do to help you better manage your Stress and Anxiety levels:

- Invest time in your hobbies - such as reading, writing and playing games.
- Sports and physical activity can really help.
- Try some breathing exercises.
- Try some muscle relaxation activities. If you are unsure what these are, ask someone who may know.
- Try some meditation activities.



Your Support Network

Below is an example of a Support Network:



Why not go away and try and draw up your own? It can take on any shape or form you'd like - get creative!

Additional Support

Hopefully, this guide has proved useful in providing you with some insight into the problems you may encounter during the back to school period - and crucially, hopefully it has provided you with the tools to overcome these issues. However, if you feel you still need more support, MMK Mind offer a variety of courses which you can access:

Managing Me - A course designed to tackle stress, anxiety, self-image and depression.

Taming My Temper - A course designed specifically to help you better manage your anger.

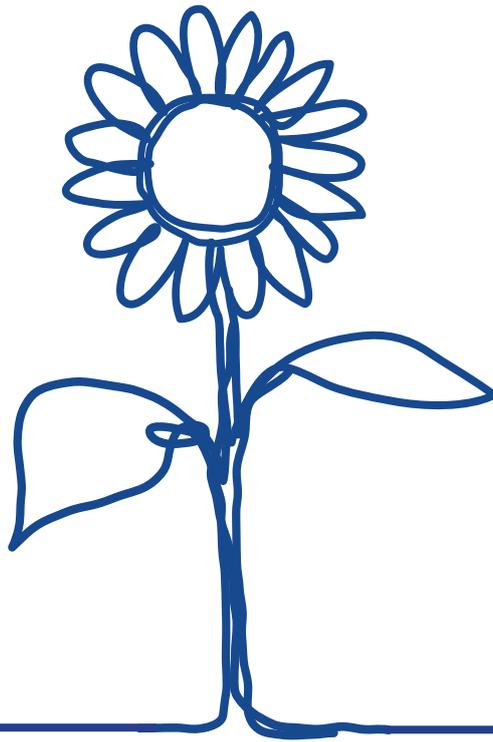
Forward Thinking Females - A course for young women combining sports with well-being workshops.

Balancing My Behaviour - A course designed to help young people change negative thoughts to positive thoughts.

Standing Strong - A course for young women focussing on body image and online safety.

Courses run based upon funding and availability, but many courses like Managing Me and Taming My Temper run on a regular basis.

For details of these courses, please call us on **01622 692383** or E-Mail [mindhelp@mmkmind.org.uk](mailto:mindhhelp@mmkmind.org.uk).



This resource has been created using resources
from the National Mind website.

Maidstone and Mid-Kent Mind,
23 College Road,
Maidstone,
Kent,
ME15 6YH

Charity Number: 1167328



Maidstone
and Mid-Kent
