

## **WORRIES ABOUT SCHOOL**

- Many young people are anxious about attending school from time to time.
- This is normal. Anxieties are part of life. Learning to face up to them is part of growing up.

### If you are worried about going to school .....

- Explain your worries to your parents if possible. They can help you, in partnership with your school. You can talk to a member of staff if you wish.
- As a first step, your parents and school can contact the Education Welfare Officer for advice.
- There is also a School Anxiety Service which can offer advice in difficult situations. We can be contacted through your school or the School's Education Welfare Officer.
- Although you may be worried, keep trying and **don't give up**.
- It is important to know that if you keep trying, over time the anxiety will reduce.

You may need to learn some new strategies.

## **HERE ARE SOME IDEAS THAT YOUNG PEOPLE HAVE FOUND HELPFUL:**

### Relaxation Techniques

- Visualise or think about positive calm experiences.
- Breathing exercises.

### Taking Regular Exercise

- Get involved with sports and physical activities: walking, running, swimming, or joining a team sport such as football or netball are all useful to help control anxiety. Other forms of exercise such as Tai Chi and Yoga can have particularly beneficial effects on managing feelings.

### Positive Changes to your Routine

- Make time for activities that you enjoy.
- Gradually face the situation by taking small steps, one at a time.
- Talk and think about the things you do well.
- Socialise and keep in touch with your friends.
- Plan what you want to do and make time to organise yourself for school.
- Get enough sleep.
- Aim to have calm morning. Allow plenty of time for an unhurried start.



**REMEMBER THAT IT IS IMPORTANT TO TAKE SOME RESPONSIBILITY FOR HELPING YOURSELF.**

**Any skills you learn will also help you in adult life**

By reading this leaflet you have  
already taken the first step to  
success.

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# REDUCING SCHOOL ANXIETY



Leaflet for young people