

Feeling worried  
about going back  
to school?

Going up to Year 7?  
Starting at a brand  
new school?

You're not alone, lots of students feel this way and it's perfectly normal! Here are some of things other young people told us they were worried about:

*I'm going to a new school. What if...*



Whoa, that's a  
lot of "What Ifs"  
and worries!

- No-one likes me?
- I forget the stuff I need?
- I get bullied by the older pupils?
- I get lost?
- I don't make any friends?
- I'm late for school?
- I miss the bus?
- The teachers don't like me?
- I don't understand the work?
- I lose my bus pass?
- I don't like the teachers?
- I don't feel well?
- I forget my homework?

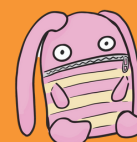
The teachers don't know me & don't understand that I need extra support?  
The teachers don't know me & don't understand that I can get really worried when things get too much?



"What ifs...?"

and worries are  
pesky little  
creatures ...

...So it's a good job "Worry  
Walt" is here with some great  
ideas how to deal with them...



# How are you feeling about going back to schools?

Are there things you're worrying about?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What are you looking forward to?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

It helps if you can  
think about  
positives they can  
help keep the  
worries out

It's good to think  
about the things  
you're excited  
about...





## When worries and 'what ifs' fill your mind. Check out my top tips:

- **Catch** worries by writing them down
- **Understand** worries - what type of worry is it?
- Don't let worries take over - use **Worry Time**
- Tackle your worries using the **Worry Tree**

### Catch the worries:

If you notice you are worrying about something during the day... write it down to deal with later. Once you've written it down, try not to let it distract your focus. - let it go until you're ready to deal with it. Have a dedicated **'worry time'**

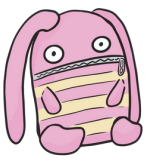
### Understand what type of worry it is:

- A **'What if...?'** worry - which are *'hypothetical'* - worries we can't do anything about (and may *never* happen) - like *"What if no one likes me?"*
- A **'practical'** worry - worries that you can do something about (*hurrah!*) - like *"Will I remember to take all the right stuff?"* - You can check your timetable in the evening and make sure you've got the stuff you need for tomorrow. Sorted!

**Worry Time** - it is can be distracting and difficult to be thinking about your worries all the time. Set aside some worry time to look at the worries you've caught. For each one decide if it is a **practical** or a **'what if...?'** worry.

**Worry Tree** - There's not much you can do with a **'What if...?'** worry except **let it go**. And with practice that can become easier... Check the ideas in our [Wellbeing Action Plan](http://www.startnowcornwall.org.uk) ([www.startnowcornwall.org.uk](http://www.startnowcornwall.org.uk))

With a practical worry have a go at **problem solving** using the worry tree below.



# Walt's Worry Tree

What are you worrying about? \_\_\_\_\_

Is it a 'what if..?' or a practical worry?

What if...? ☐

Practical ☐

Let the worry go

You can let the worry go by ripping up or scrunching and throwing it away... or imagine it float away like a balloon in the breeze....

Problem solving

What can you do? What will be most likely to help? Do you need anyone to help you? Make a plan...

Choose a favourite way to distract yourself

some great ideas in our Wellbeing Action Plan at [www.startnowcornwall.org.uk](http://www.startnowcornwall.org.uk)

My favourite is \_\_\_\_\_

can you act right now or later?

Now

Later

Do it!

When?

Think about something else

Use a calming / distraction activity to refocus your attention like the **54321 Relax!**



#YouGotThis!