

Things they could do include:

- Identifying your strengths
- Finding out which lessons are least worrying for you
- Amending your timetable
- Giving you time in a supported safe space

What can you do to get back to school?

If your worries are so great that you are not attending school, it is important that you work with your school and your parents to help you get back to attending school as soon as possible.

Things you can do to help include:

- Take part in the planning of how you will go back to school
- Work with your parents and teachers to think of things that will help you
- Think about a time that you did cope with a worry. What did you do then?
- Keep in contact with your friends and what is happening at school
- Catch up on some of the work that you may have missed before you go back
- Acknowledge the steps you have taken and celebrate the small successes!

You may find it useful to try the following strategies

Keep a diary of our thoughts, feelings and behaviour.

Distract yourself from unhelpful thoughts. For example, if you find yourself thinking a negative thought or worry e.g. 'I will fail all my exams because I am stupid', try thinking of a more balanced or positive thought instead e.g. 'If I work hard, I'll do ok in my exam'

- Calm breathing
- Counting backwards from 100
- Exercise
- Relaxing your body
- Thinking about calm images



Do you worry about attending school?

This information for children and young people may help you.

A list of helpful Apps from the NHS is available here:

Check out our video here:



North Ayrshire Council
Comhairle Siorrachd Air a Tuath

Are you feeling worried about school?

It is normal to feel anxious at times. It can help you to cope in difficult situations.

However, sometimes it stops us doing things we want to do.

Sometimes anxiety gets in the way of us being able to attend school as we feel too worried about going.

When you think about school are you?

- Worried about falling behind with your work?
- Worried about friendships?

Scared?

- Easily upset/angry?
- Having trouble sleeping?

This may be for many reasons such as:

- Worries about friendships
- Bullying
- Feeling you don't fit in
- School is too busy and noisy
- No one understands what you're going through
- You worry about making mistakes

Try and keep a solution oriented, optimistic approach.

Sometimes things outside of school have an impact on your ability to attend. These may include:

- Changes in your family dynamic – family members coming and going
- Parents arguing
- Loss of a close family member or friend
- Busy noisy household
- Community issues

The longer you stay away from school the bigger the worries become.



It is important to try and get the help you need.

Your school may not always know the reason that you are absent, but they will try their best to understand.

It is important to let someone know how you are feeling, even if you can't always express it. This person could be a family member, an adult in school or a friend. There are many ways to communicate how you are feeling. This could be by drawing a picture, writing it down and ripping it up or keeping a journal.

What can your school do to help you?

Find an adult at school you trust and talk to them. They will acknowledge your feelings and work with you and your parents to help find out what things are worrying you and what you and they can do to help you.

