

# MANAGING ANXIETY AT SCHOOL



Whilst school is a place to see friends and learn and develop ourselves through extra-curricular activities, it also comes with a lot of pressures.



Exams, deadlines, applications and making decisions about our futures can make us feel  
anxious.

The pandemic can sometimes escalate these feelings because it makes us feel out of control and/or uncertain about our future.

However, there are ways to manage this anxiety which can be applied to all aspects of  
life.

It is not unusual or embarrassing to feel  
anxious.

The important thing is to prevent these  
natural feelings from escalating to a point  
where they make us feel distressed or  
prevent us engaging in school or everyday  
life.



Identifying what is causing us to feel anxious is often the first step in managing these feelings. Is it a specific exam? General uncertainty about future plans?



Rationalising the cause can be very useful. E.g, if you're nervous about an exam it can help to plan out a revision schedule so you feel in control.

If you can't pinpoint the cause, talking to friends, family or a member of staff can help as they can suggest reasons and solutions from an outside perspective.

One major issue of the pandemic is the lack of structure we have.

Whilst school offers a sense of routine, it can be hard to be motivated if there are less social and leisure activities to look forward to.



Next are some strategies you could use to manage anxiety...

1) Planning rewards and freetime into your day can help relieve anxiety by restoring a sense of control and balance.



2) Having a timetable can make your workload more manageable, although make sure it is not so rigid that it adds to any stress you feel.

3) Lists also help ensure you are on track and feel prepared for school and assessments.



4) As part of a healthy work-life balance with school, exercise is really important. Physical activity produces endorphins, reduces fatigue, aids sleep, improves concentration and boosts self-esteem.



All these positives help combat anxiety by improving our mood and helping the brain cope with stress. It also provides a break from school work that allows reflection and for us to come back better!

Taking advantage of nature can help manage anxiety. One continuous feature of life in lockdown is being allowed to exercise in outdoor spaces. This consistency can help mitigate against feeling out of control with multiple rule changes.

Mind Charity has multiple examples of how nature can improve mental health as being outside has physical and mental benefits.

Just fitting a walk in to our day can alleviate negative feelings and is quick, easy and free to do.





Taking time to reflect is often useful when trying to manage anxiety. This can range from identifying what has made you anxious in the past and what has helped move past anxiety, to congratulating yourself for overcoming it.

It is important to be proud of your accomplishments , no matter how 'small' you may think they are, at school and in your social life.

We are in 'unprecedented times' and it is important to not be too hard on ourselves. Adopting healthy coping mechanisms like exercise and reflecting on what techniques have worked or not can help make anxiety more manageable, allowing us to feel in control of our school work and positive about going.

